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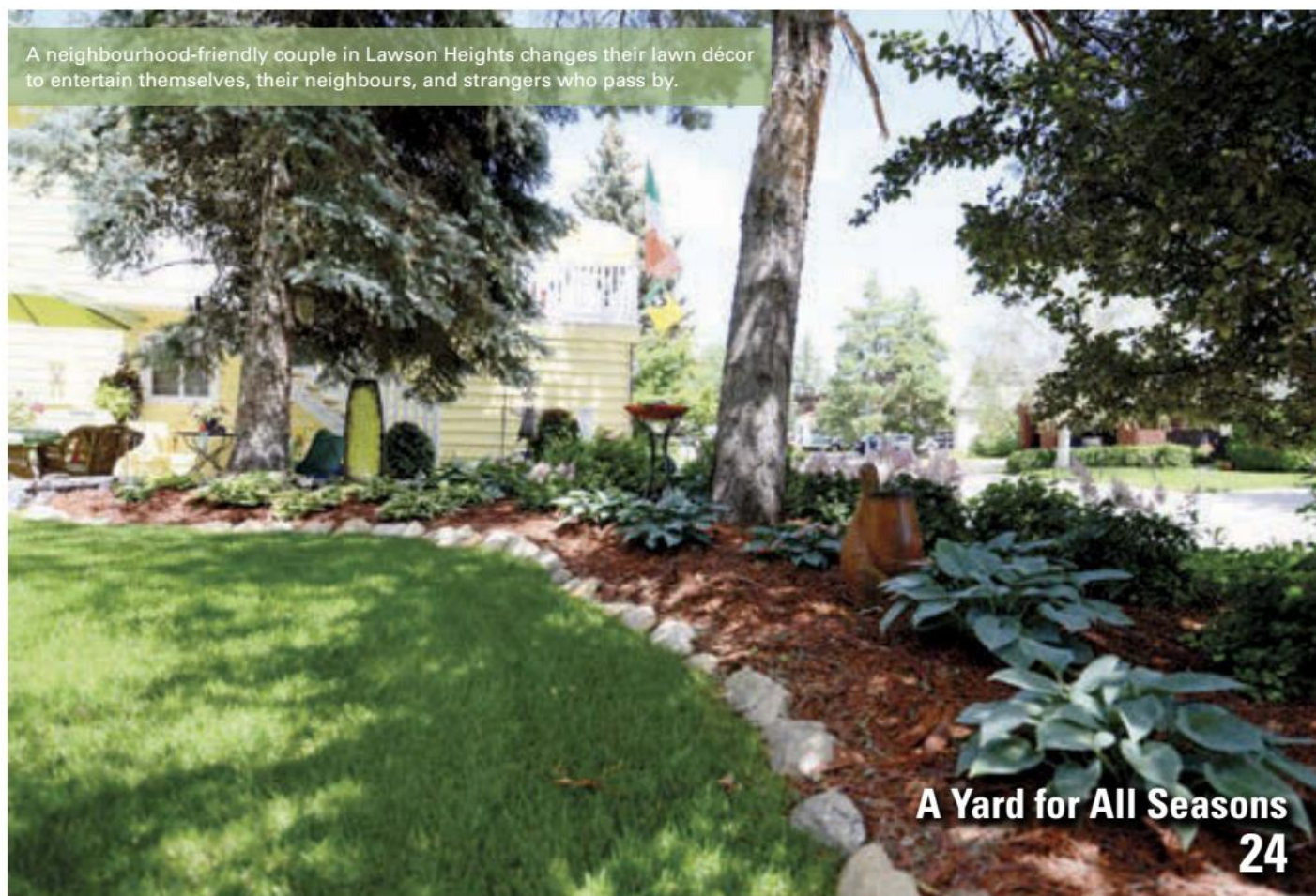


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A neighbourhood-friendly couple in Lawson Heights changes their lawn décor to entertain themselves, their neighbours, and strangers who pass by.



A Yard for All Seasons
24

Photo: Heather Fritz

Cover: Rhonda and Crystal Lavoie have created, with help from hammer-savvy daughter Brielle, a one-of-a-kind home just south of the city. Photo: Heather Fritz

HOME Front

Hat from Saskatoon's own
Sova Design Millinery.



Photo of Amanda Soulodre by Appl Photo

Don't get me wrong. I love winter—skating, snowshoeing, cheering my boys on while they play hockey, watching my husband shovel (just kidding, it's an equal partnership). But come on, spring! Some green colour would be nice.

Just in time, Greenery is the Colour of the Year for 2017 (pg. 54). And our boulevard gardens will get you in the mood for beautifying your neighbourhood and reaping a tasty bounty (pg. 8). We've even got the scoop on plants for Canada's 150th fête that celebrate butterflies, bees and hummingbirds, too (pg. 52).

Our Living in a Landmark series lets us peek inside some of the most interesting and well known (at least from the outside) homes in our city.

Meet Steve and Karen, restorer/renovators who helped a grand dowager mansion in Nutana return to her glory days (pg. 38).

Just as fascinating, walk through—and maybe take a dip in—Rhonda and Crystal's new Urban Farmhouse just south of the city. These DIYers share their truly unique space (pg. 14).

Visit historic Willingdon Place, a hidden architectural gem just off Idylwyld Drive North. Our city's first cul-de-sac still oozes with cohesive character (pg. 70).

Learn some 'hard' facts about form and function in concrete and steel. We provide lots of how-to and inspiration for projects that will beautify and problem-solve both inside and out (pgs. 32, 60).

Find out how to help your garage blend with your home and neighbourhood. Some garages seem to dominate a property in a negative way, but there are things you can do to find exterior harmony (pg. 46).

Sylva and Brian are two seniors who found love for the second time, and share a passion for year-round beauty year with their Lawson Heights neighbourhood (pg. 24).

It's easy for life and work lines to blur in a home office. If you're the boss of one of Saskatoon's over 4,500 home-based businesses, let us help you make the most of your very short commute (pg. 78).

Go on a journey with Hawk and Moh to discover one of the world's oldest bread making traditions. Bannock is fried or baked dough that began as a staple food of indigenous cultures. And now you can carry on this culinary custom right at home (pg. 66).

2017 is Canada's 150th anniversary and it's time for our own party, too. Saskatoon HOME is entering our 10th year. Thank you to our amazing readers and advertisers who help us create our award-winning magazine. I can't wait to see what the next decade will look like!

AMANDA SOULODRE
OWNER & PUBLISHER

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HOME

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READER PANEL

Thank you to our Spring Issue Reader Panel (seen below). The people on the Reader Panel change every issue and are made up of fans of the magazine who volunteer to help us select our stories. Their input allows us to select stories that people in and around Saskatoon look forward to reading each and every issue. Once story ideas are selected, we then assign them to our team of talented writers. Meet them online at www.saskatoon-home.ca.



"I volunteered to be on the Reader Panel because I always enjoy reading Saskatoon HOME and wanted to contribute to a great local publication."

Angelica Fehr

*Owner,
Twisted Goods Inc.*



"I read HOME because I love the magazine's local take on house trends, making style and design more accessible."

Doré Collett

*Business Development Specialist,
Saskatchewan Research Council*



"When reading HOME, I enjoy the advertising. It helps me find items and services related to the stories and complements the magazine content."

Evan Rystrom

*Gallery Assistant,
Collector's Choice Art Gallery*



"I love reading HOME because I have a great interest in local architecture, interior design and homes in Saskatoon."

Sandra Ledingham

*Ceramic Designer,
Ceramic Design*



"I love reading HOME because I really enjoy getting inspiration from other homeowners in Saskatoon. It often gives me confidence to try something new in our home."

Susan Clarke

*Sales & Community Events,
Bruce's Cycle Works*



"What I enjoy most about HOME is that the articles assist me with home reno ideas."

Tom Paterson

Educator, Author, Storyteller

Interested in being on a future panel? Email: amanda@saskatoon-home.ca with 'Reader Panel' in the subject line.

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BOULEVARD GARDENS

Feeding the City, One Boulevard at a Time



JULIE BARNES



LISA TAYLOR

Lisa Taylor has a lot on her plate these days, and it's all related to what ends up on our plates. She divides her days between a part-time job with the University of Saskatchewan's fruit breeding program, growing food for two local restaurants (she plants, tends to and harvests greens

and herbs for The Hollows and Primal Pasta), and along with her husband Jason, she also manages her latest venture—BiodiverCity Farm.

"We grow food in the city in as sustainable a manner as possible," she says. "We have customers who buy a share in our CSA, which stands for

community supported agriculture. Then, throughout the summer, they get a food basket delivered to them every week with whatever vegetables and fruits are ready at that time." Any excess is sold to local restaurants.

Two of her four garden plots are located on city

boulevards, and as she grows her business, she says she'll be looking to leverage more of this prime growing space. In yards, "sometimes there's a lot of shade due to fences, buildings and trees. The boulevard is often an area that's out in the open and gets lots of sun."



When you think about it, a grassy boulevard requires a lot of maintenance—watering, weeding and mowing—with minimal compensation for your efforts. “If you can grow something more useful like food, I think that’s a much better option,” says Lisa.

Getting Started

The City of Saskatoon is on board with boulevard gardening, Lisa says. “They see them as something that can add beauty and character to the neighbourhood, and create a habitat for beneficial birds and insects.”

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The harvest from sunny boulevards is often greater than from more shaded backyard gardens.



boulevard gardeners should visit the City's website (www.saskatoon.ca/boulevards), read their guidelines, fill out a short electronic agreement form and call 1-866-828-4888 before digging to confirm the location of underground utilities.

It's important to note that gardens on medians (any green strip in the centre of a street) are not allowed.

Digging In

"We dug out the sod so that we could prevent the grass from coming back," says Lisa. She explains how grass has underground stems called rhizomes, so if you simply till it, you're just spreading the rhizomes around, and the grass will grow back. "We also did that because we wanted to add compost afterwards, which increased the grade, and we wanted it to be nice and level."

Battling Weeds and Pests

Lisa lays wood mulch between her rows to retain moisture and keep the weeds at bay. "The last thing you want is a bunch of weeds out in front

of your house where all the neighbours see it, so that's been really helpful for keeping the weeds down."

One advantage of growing food within city limits, she says, is that you don't have to worry about pests such as deer and rabbits. "You still get a lot of the bugs, but it takes some of them a while to get into the city." When invasive insects have been spotted outside the city, urban gardeners have time to mitigate damage. "Sometimes you have a week or so to cover your plants."

Enhancing Biodiversity

Lisa has grown a veritable cornucopia of vegetables since launching her business last season, including tomatoes, cucumbers, peppers, zucchini and root crops like carrots, beets and potatoes.

"The easiest has been leafy greens and herbs. I also throw in flowers because I like to attract bees." Three bee-friendly flower varieties Lisa recommends are bergamot (bee balm), anise hyssop and gaillardia. ➤



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Boulevard gardeners select plants that can be contained and trained not to encroach on the sidewalk.



Overcoming Challenges

Some vegetables can prove challenging in a boulevard setting. "You might not want to grow anything too viney or even heirloom tomatoes—things that spread a lot—unless you're able to train them," she says. "I've done it, and I've staked them and trained them to keep them off the sidewalk, but if you're not careful it can get out of hand and they can become a nuisance." For this reason, she stresses the importance of creating buffer zones along curbs, sidewalks and infrastructure like fire hydrants (clearance requirements are spelled out in the City's guidelines).

Starting Small

"You might have a relatively large space, but just do a little bit to start off with just to see if you can handle



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it, and if you can keep up with the weeding," says Lisa. She adds that although the City doesn't allow raised beds, they do permit flower pots and birdbaths as long as they're temporary structures that can be easily moved by one person.

Making Connections

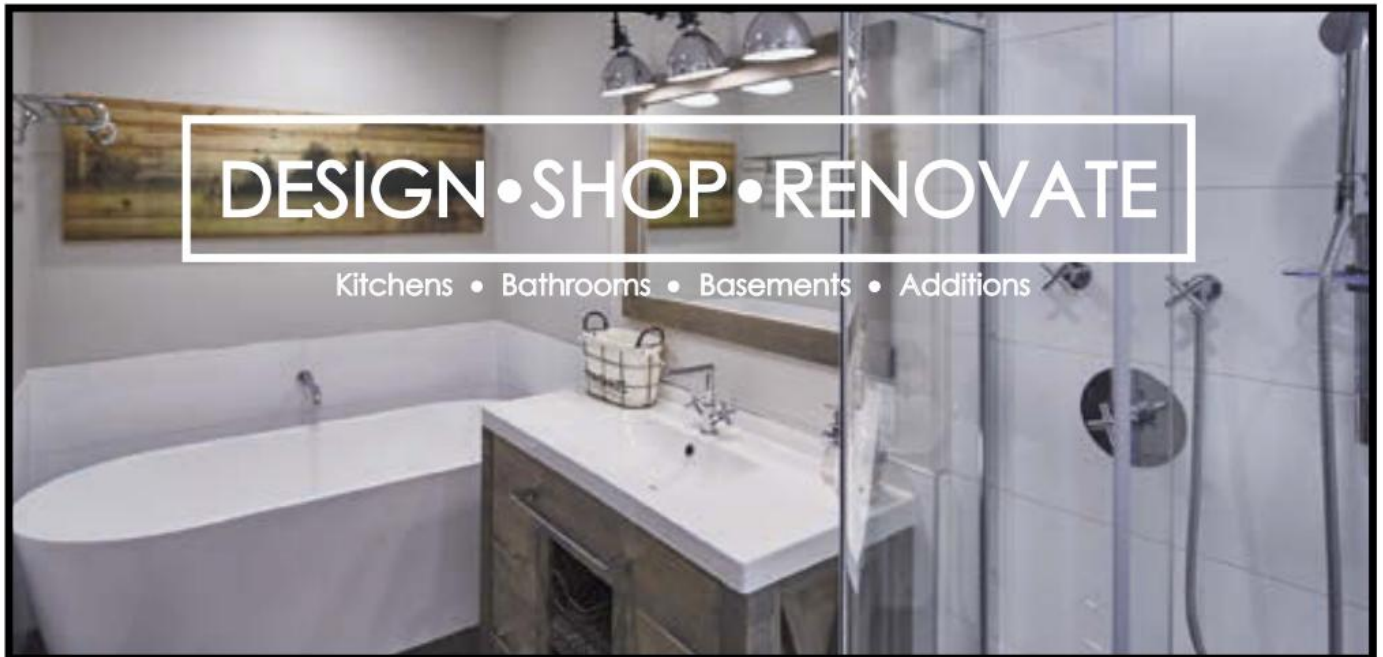
Meeting new people has been one of the biggest benefits of boulevard gardening, says Lisa. "I've had so many great conversations with people just passing by while I'm gardening and they ask me what I'm doing." She enjoys "giving people a chance to see what it looks like to grow food, that it's not just something that comes from the grocery store." (H)

Julie Barnes



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Take an acreage with an easy city commute. An open house plan born of industrial RV storage design. Add realtor Rhonda and homeschooler/blogger Crystal, two fear-

less moms with loads of DIY skills. Brielle, their adorable four-year-old. A penchant for upcycling, repurposing and quirky antiques. For a twist on lakeside living, put a pool *in the living room*.

Wait, there's more. Add

one Dad named Dean. An assortment of pets, ordinary and exotic. Dot the landscape with deer, moose and pastoral views. Blend a love of entertaining with deep commitment to nurture community. All together, The Urban Farmhouse

(TUF for short) just south of Saskatoon is one of the most unique and unrepeatable homes in Canada.

A Dynamic Duo

Rhonda and Crystal met in Lloydminster and ran an exotic

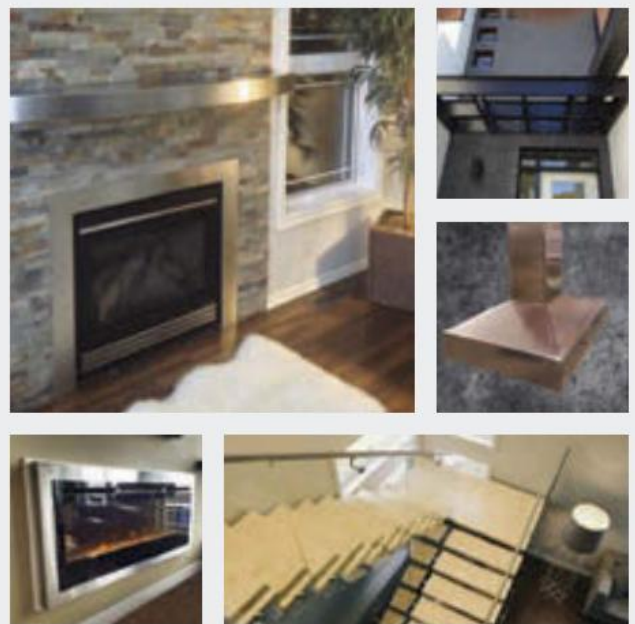


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pet rescue in Paradise Valley. When Rhonda's oil job took them to Houston, Texas, they were steeped in cosmopolitan urban living for nearly four years. They enjoyed their large brick home, outdoor pool, hot tub, double garage and a good

network of friends. Returning to Canada in 2011, they chose a new build in Saskatoon. Daughter Brielle was born. But the couple longed for a home more unique, more *them*.

"It was comfortable, but we knew it wouldn't ➤

 **KARIN MELBERG SCHWIER**

 **HEATHER FRITZ**

Vintage finds and modern appliances coexist comfortably. This old wooden counter serves as a kitchen island and was re-purposed from a by-gone butchershop. It comes complete with distinct character and stories illustrated by gouges, cuts and burns.



be our forever home," says Crystal. So the hunt began for a pastoral country place. They found five acres a stone's throw from Circle H Ranch in March 2015. The house design began in earnest.

Pool Priority

"Something with a pool," Crystal says, was a core element in a new build or renovation. The outdoor variety seemed an impractical expense for a narrow window of use

in this climate. Indoor, then, but they weren't keen on a "pool room."

"We wanted a pool as part of our actual living area, not a separate room like you have in a hotel," Crystal adds.

Knowing they needed lots of space for the pool and some sort of commercial air exchange to deal with humidity, Rhonda started online research.

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Not a Typical Plan

High on the wish list: nothing ordinary.

"I started looking at RV garage blueprints, and one design had real potential. Think a typical farm shop building with the big area below and overlooking loft above for the office," says Rhonda. "We wouldn't budge on having 10-foot ceilings in the house portion and an expansive open feel."

The vision for their unusual home began to emerge.

While the exterior has the look of a large modern farmhouse with front verandah, dormers and large windows, the interior design included 10-foot ceilings in the main part of the house. A cathedral ceiling reaches a 26-foot peak over the pool/living room. Upstairs bedrooms, a bathroom with walk-in shower and large clawfoot tub and laundry are connected by a cantilevered balcony overlooking the pool and, inside, a 19-foot long walk-in closet.

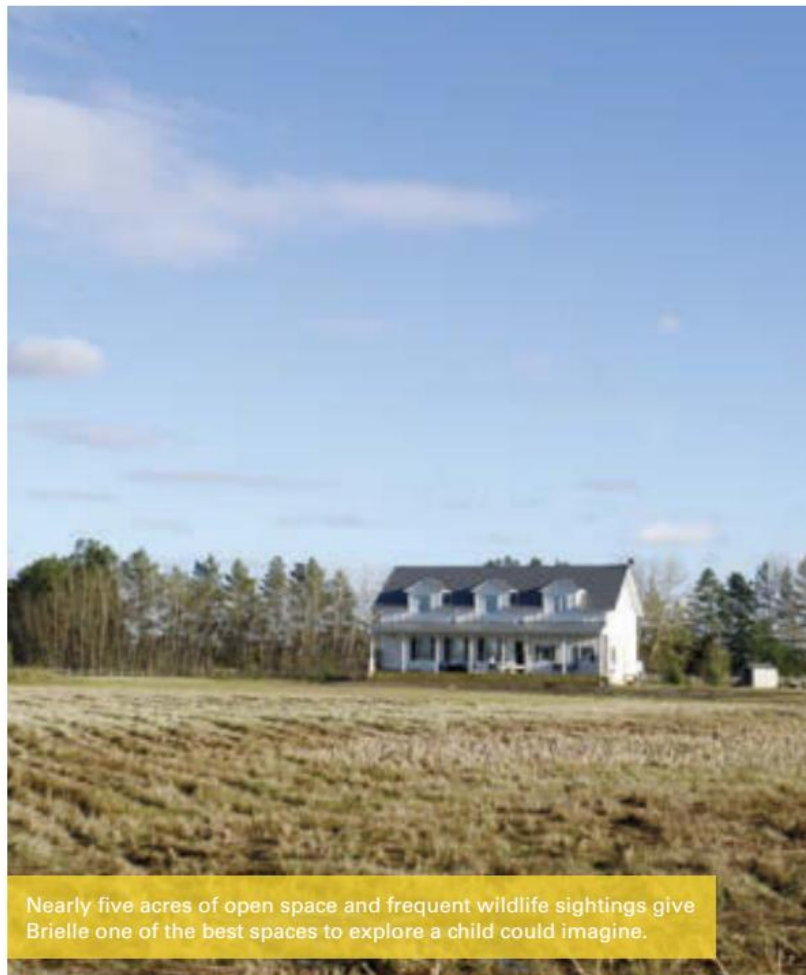
Dreams Don't Work Unless You Do

This sign in Rhonda's office off the cozy main floor TV ➤



A butler's pantry is a secondary space for storage, and also comes in handy when entertaining to temporarily hide dirty dishes until guests leave.





Nearly five acres of open space and frequent wildlife sightings give Brielle one of the best spaces to explore a child could imagine.





room captures the couple's approach as they rolled up sleeves. They got underway September 2015. The couple wanted to do a lot of the work themselves, even though Rhonda worked full-time in IT at Cameco and part-time in real estate. Crystal was at home with their three-year-old.

As their own general contractors, they interviewed builders and sub-trades.

"Because this is a very custom-built home, we needed strong relationships with our trades. So we chose carefully, and the best were excited by this challenge," says Rhonda. Everyone embraced it as a learning opportunity since it was definitely not a run-of-the-mill design.

In its entirety, the house is 3,360 square feet. Rhonda and Crystal tackled jobs that would make even the hardest DIY-er hesitate. The pool was excavated by bobcat, then leveled by hand. That, and a DIY pool kit saved about \$20,000. A black liner is subtler than the regular blue. There

is no security fence. Instead, a discreet pool alarm senses when the water is disturbed. At four, Brielle respects the pool (and her mothers) and has become an accomplished swimmer.

Kid Friendly Construction Zone

Most of Brielle's life has been spent living in house construction. At four, she's adept at wielding a hammer.

"That first winter, before the mechanical, we just had a little heater in the basement so I would come out and work. Crystal would come for shorter periods. We couldn't have Brielle here when it was -30," explains Rhonda. "But when we moved in Easter 2016, we could finally spend more time at it. When Brielle was sleeping, we just kept going. Even when she was up, she knew we had to work so kept herself amused."

Her father Dean is a regular visitor, and Brielle was never sent to a sitter during the build. Armed with packing boxes and her own set ➤

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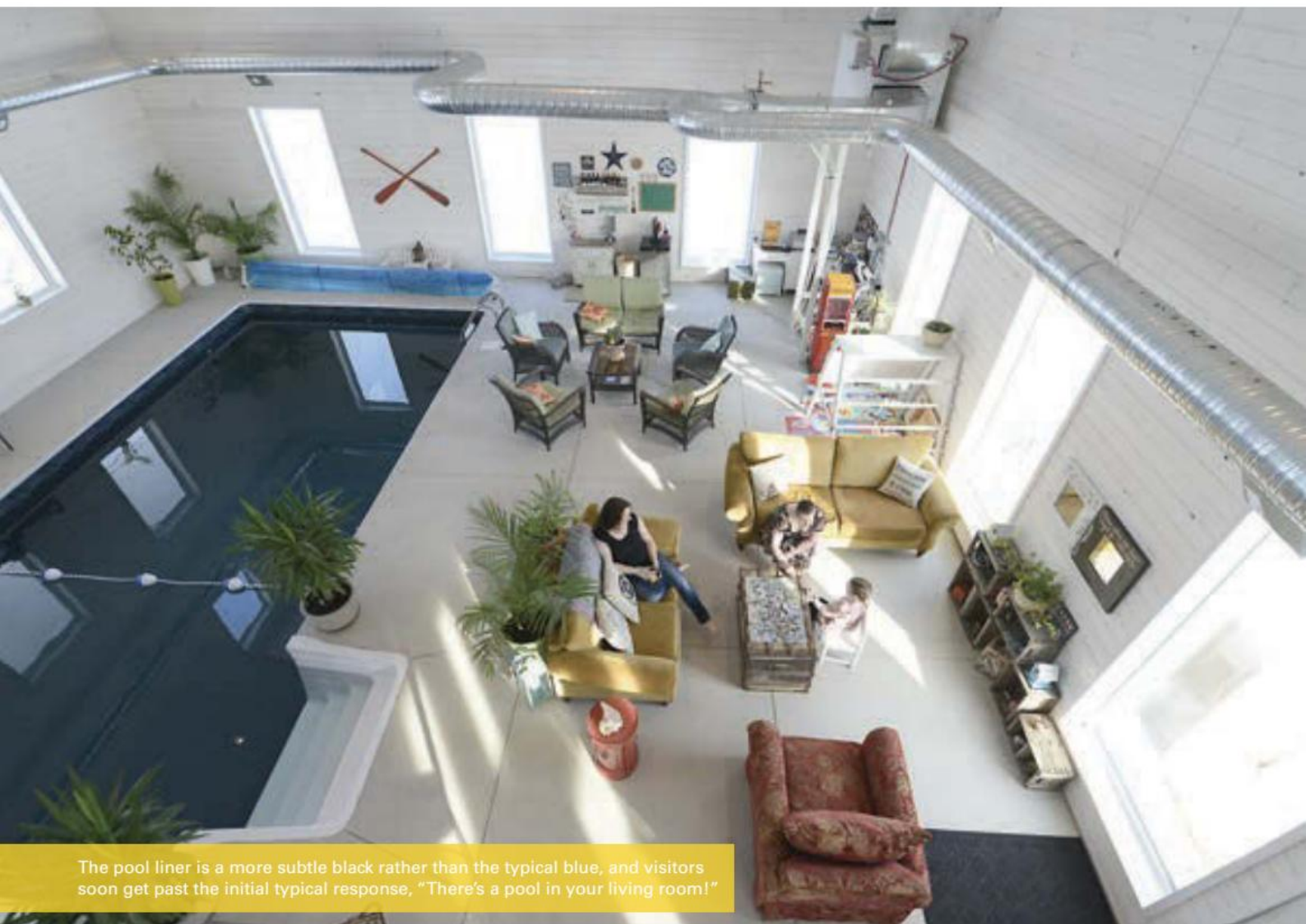
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The girls—Brielle and Kemah, a bearded dragon—take a dip in the saltwater pool.

of tools, she built forts, and amassed impressive nail and screw collections. Though she desperately wanted to help stain interior pine walls, she did get the okay to paint the interior of her own closet. Pink.

"She learned to sleep through air nailers, sawing, hammering," says Crystal. "Kids adapt. She's very proud of her house and greets visitors with 'Welcome to The Urban Farmhouse!'"

Unusual and Repurposed Materials

"There's not a stitch of drywall anywhere," says Crystal. White stained pine creates a beautiful blend of rustic and chic. Rhonda even took a course in making concrete countertops. Concrete is a recurring material also used for pool/living room floors and walk-in shower walls.

Hardwood doesn't fare well with humidity, so flooring elsewhere is a plank-look vinyl. ➤



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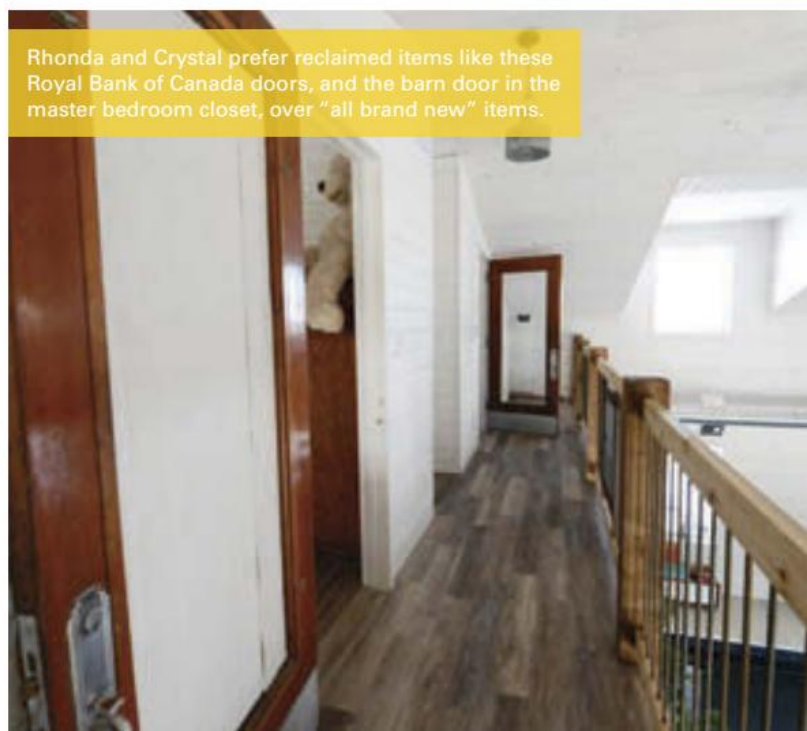
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Rhonda and Crystal prefer reclaimed items like these Royal Bank of Canada doors, and the barn door in the master bedroom closet, over "all brand new" items.


The charm of antiques, vintage and retro pieces collected from Kijiji, friends and dealers adds warmth and character. Weathered tin siding lines the underside of the balcony. An old wooden counter serves as a kitchen island. It features the signs of a busy butchershop, sporting the burn marks where the butcher would rest lit cigarettes. The walk-in closet door, mounted on barndoor hardware, features old turquoise paint. Vintage doors salvaged from a Royal Bank of Canada serve as bedroom doors.

"We love pieces with a story," says Crystal. "That really adds to the homey feel we want."

Nurturing Community

The family opens their home every week for TUF Fun Fridays, ranging from a few kids to several dozen

guests. They plan to welcome back all the trades to see the fruits of their labours. They even marked New Year's Day by posting a video tour and soon had nearly 4,000 online visitors.

"We want this house to be warm and welcoming, not only for us, but anyone who comes here," says Rhonda "When we moved back from Houston, before we made friends, we wondered what our future would look like if we didn't develop that community. Now we're not worried. We feel like we're home." 

Karin Melberg Schwier



Brielle and Toby, a member of the household menagerie.



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KARIN MELBERG SCHWIER



HEATHER FRITZ

A YARD FOR ALL SEASONS

Colour and Whimsy All Year Round

Sylva Jurney and Brian Gable wholeheartedly believe a person must enjoy each day, every day of the year. Both lost spouses to cancer and after they met through the Opimian Society—with a little nudge from a neighbour—they realized a shared

common positive attitude about wine, life and landscaping.

"After my husband died, a friend was advising me on finances and said I should give up my \$77 annual Opimian Society membership," recalls Sylva. "I wasn't

going to do that. About that time, my neighbour Sheldon two doors down—he's a member—invited me to go with them to a Society function. His father-in-law Brian would be there." Sylva laughs. "I remember shaking my finger

at him. 'This is not a date! Just a table companion.'" Several functions later, Sylva and Brian hit it off, though she explained to him it was just platonic.

"Yeah," Brian laughs. "That platonic thing lasted about four hours."



Marrying over six years ago, the Lawson Heights couple—she's 75, he's 78—share their love of life, gardening and each other year round. Together the newlyweds made Sylva's yellow Cape Cod home their own with some changes inside before turning their attention to the yard.

Taking Stock

The house is a 1,450 square foot rectangle on a 55 by 110 foot corner lot; there is no back yard, save for about six feet. There's a small front yard, but an expansive side garden. Flower beds were dated, the lawn unin- ➤

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Sylva and Brian love spending time in their well-planned space in every season Saskatoon throws at them.



teresting and junipers were past prime.

"It just looked tired," Sylva recalls. "We're not in the shape to do all the work. We love to be outside, but we needed help to do this so it would all come together and not look like we just ran out of money and energy." Low maintenance was a must.

Committed to hiring small family businesses, they talked with Glen and Sandra, a husband-wife landscaping team, in April 2014.

"Glen said that when you come out of your house, you should get a full 180 degree Wow!" Sylva says. "We said oh, that's nice, oh, there's a crappy woodpile, oh, dated flowerbeds."

The couple, with Glen's advice, planned a yard with more pizzazz and one where 'wow' was a year-round theme.

Imagining the Spaces

Sylva and Brian love to entertain. They were enchanted by photographs and paintings from France and Italy where huge outdoor dinner parties

are enjoyed at long tables with white linen, garden flowers and greenery, wine flowing and twinkling lights well into the evening.

"That's what I wanted," Sylva says. "The outdoors had to really be an extension of our inside living space." They laid out electrical cords to better envision the plan. Even as Glen was excavating the main patio area with his bobcat, Sylva had him dig an even bigger area, large enough to hold two six-foot tables.

They planned multiple seating areas so there would be a comfortable place to sit with a coffee or glass of wine, and enjoy a fresh perspective on the yard.

A Stone Statement

Stone landscaping not only provides interesting height and structure, but protection for plants and comfortable areas to relax all year long.

Brian and Sylva chose rosetta stone and rock for the patios.

"We knew it would be pricey, but it's really beautiful. We

To the existing spruce, poplar and shrubs, they added hostas, astilbe, hydrangeas, dwarf mugo pines, miniature blue spruce, barberry and roses to achieve the low maintenance yard of their dreams.



Brian's three main outdoor tools include a leaf blower for leaves and snow, a two-wheel dolly and long tined rake for turning mulch.



wanted low maintenance so stone fits the bill," says Sylva.

An alternative for raised flower and garden boxes is a simulated stone product like Quality Stone, that has the look and durability of stone, but at a lower price tag.

To keep areas usable during the winter months, Brian carefully takes his blower to the stone walls and seating areas.

"Whenever it snows, I'm out there making sure they can

be seen," he says. "They are so nice to look at, we don't want them covered all winter."

Plans for Plants

Once the excavation was done, Sandra worked with Sylva and Brian to determine what plants would work well and where. The yard has mature spruce, birch and shrubs.

"I didn't want to be buying lots of annual flowers," Sylva says. "Sandra suggested hostas,

astilbe, hydrangeas, yarrow, ferns. We love roses and they do very well." Sandra spaced the plantings to allow for two year's worth of growth. The only time Sylva protested was when new blue junipers were going in.

"I told her, 'Sandra, I've had three cancers and I just can't afford to wait for those to fill in! Plant some more!'" Pleased with the result, Sylva says she'll worry later about it being too crowded. The blue variety shows

well in every season.

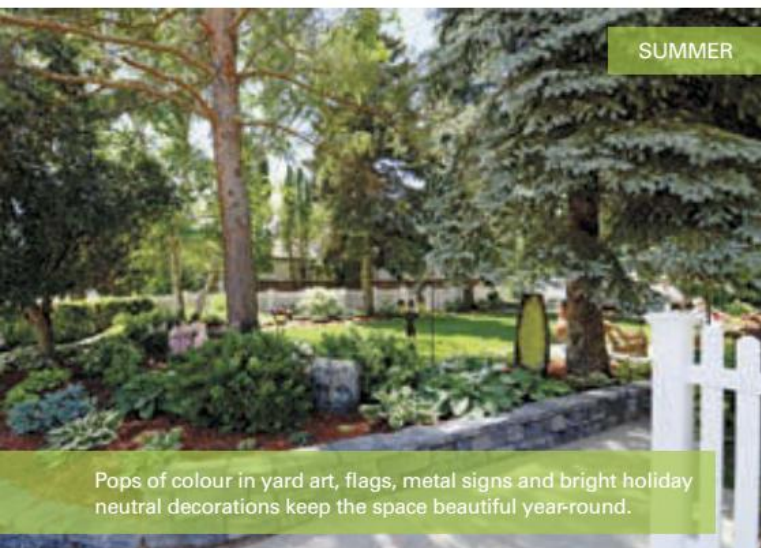
At first skeptical about mulch, Sylva listened as Sandra explained moisture retention and weed control benefits.

"My first husband and I travelled in the Eastern Townships of Quebec where he was from, and in the eastern States," says Sylva. "I had taken a picture of a beautiful Cape Cod home in Vermont. I dug it out, and sure enough the gardens were done with red mulch. So ➤



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Pops of colour in yard art, flags, metal signs and bright holiday neutral decorations keep the space beautiful year-round.



that's what we did. It makes the greenery just pop and in the fall the red looks gorgeous."

Minimum Maintenance

A low maintenance yard is a factor in the couple's plan to live in their own home for as long as possible, even refer-

ring to their current home as "God's parking lot."

Brian's three main outdoor tools include a leaf blower for year around use, a two-wheel dolly for moving large plant pots and yard art and a three-prong, long tined rake for turning mulch.

Beautiful Nantucket Picket style vinyl fencing from Fenced in Vinyl is perfect to add character to the yard, while being entirely maintenance free. And the added plugins at various points along the fence line make for easy lighting.

For heavier work like lawn

mowing, fertilizing and snow shoveling, they hire locally in keeping with their desire to use small businesses.

Embracing Colour and Whimsy

Art lovers, Sylva and Brian, don't shy away from applying colour liberally at




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WINTER

Electrical plugins at various points along the fence line make this winter wonderland possible.

different times of the year. Yard art, flags, bird feeders and baths, metal signs and fanciful creatures adorn the front and side gardens year around in changing displays.

They say the white vinyl fencing is the frame for the garden canvas. The old fence

that once blocked the view was removed so "we're just open to the world here," Sylva says.

In the winter, the couple avoids a Christmas theme to extend the life of the display for several dark months. At night, the yard glistens like the proverbial winter ➤

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Finding garbage and recycle bins an eye sore, Sylva and Brian concealed theirs with the use of green canvas.

wonderland with lighted deer, bear, fox, even a brilliant blue peacock and glowing trees.

Sharing the Good Life

"Our letter carrier tells us she so enjoys stopping here with our mail," Brian says. "She says she 'goes in peace' every time, and we thought that was really special."

Neighbours and strangers often stop to say how much they appreciate the park-like look. More than once when Brian and Sylva order Chinese food, the father will make the delivery and asks if he might take a few moments.

"We don't mind at all. He goes to sit in the upper patio to meditate, sometimes for

a half an hour!" Neighbours have asked if they can stroll around, and often cars will slow, then back up to take photos. One elderly woman told them her son insisted she come by to have a look.

"Life is short," says Sylva. "We like to think our yard is an extension of our motto 'living a beautiful life.' You

start out with a project like this for yourself, but if you love it, you're happy to share with friends, neighbours and even strangers."

And share they do. "We've had people stop to say thank you," says Brian. "That just makes us feel so good." 🍵

Karin Melberg Schwier

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Where Art and Science Meet

People have worked with metal since before time was recorded to make a nearly unlimited number of objects, from jewellery to tools to bridges to works of art. Today, metalworking is still a common trade and craft, but for many metalworkers, machines shape the material, leaving the artists' minds free to dream.

Naomi Ziolkowski is one such artist and designer. Her company, Remnant Steel, creates beautifully patterned metal screens and other home accessories. The patterns start as carefully crafted designs, and end as functional works of art. The cutting is where art and science meet.

Cutting Edge Technology

The screens are made using computer numerical control (CNC) cutting technology; design software converts the pattern into numbers, which are fed into a machine that controls the movement of the cutter. The result is beautiful, precise designs cut into sturdy materials like steel and aluminum.

First widely adopted in the 1970s, CNC technology is generally used to cut industrial parts for agriculture or the oil and gas industries. But with a design and architectural background, Naomi and her business partner thought they might be able to use the technology differently.

"The fact that we're using

CNC technology in Saskatoon to create decorative works of art out of metal is pretty huge," says Naomi. "We saw there was a huge potential for creating cool pieces, and our passion was to create art for people."

The Creative Process

Naomi spent her childhood drawing, sketching houses and layout plans, designing clothes and furniture. Her interest in the arts led her to pursue a career in architecture and she spent several years working at a firm in Saskatoon.

"I gained a passion for creating and shaping spaces and I started to understand how important form and function are when creating. It's important to have both in any well-crafted design."

The aluminum or steel sheets Naomi works with are her canvases, and nature is her main inspiration for the

patterns. But the designs go well beyond leaf motifs.

"There are so many intricacies in the world that we live in and it's really cool to discover those."

"A lot of it is architectural, playing with massing and proportions," she says. "Some of our patterns have a more static feel, but others have layers of intricacy, using the varying thickness of a line or areas of positive and negative space to create visual movement within the piece."

Outdoor Decor

The metal screens marry form and function seamlessly, especially when used in outdoor settings. The screens can be used for overhead shading, to hide unsightly necessities like power boxes or compost bins. Or can be used for privacy, such as dividers or hot ➤



Inside or out, these designs have the ability to transform spaces with their strong visual texture.



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CNC cutting machines are typically used to create industrial and agricultural parts. Not many places in North America have this technology to produce large-scale custom, multi-functional, metal works of art for indoor and outdoor design. Saskatoon does.



An endless array of designs add beauty and function.

tub enclosures. When used for privacy, the cut-out designs create a sense of enclosure while keeping a comfortable level of transparency.

"It's transforming typical items in your yard into artwork," says Naomi. "It's essentially taking what would be a normal gate that would typically be kind of boring, and making it into a piece of art."

"There's nothing like seeing a flat piece of steel transform into something that has the ability to interact with a space, to produce an intricate array of shadows, to come alive in an indoor or outdoor setting," says Naomi.

Indoor Art

There are also many practical uses for the screens indoors, including room dividers and as railings, but this is yet another area where the art of the ➤

The creation flows from sketch to a line drawing to the physical product.











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designs really shine. As a ceiling feature, wall feature or simply large-scale artwork on the wall, the designs add visual texture to any space, says Naomi.

"The variety of our designs allow them to adapt easily into surrounding decor," Naomi explains, "and they create a beautiful aesthetic when combined with warm


building materials such as wood, concrete, masonry and other natural elements."

Whether inside or out, the ability to transform spaces is Naomi's favourite part of her work.

"I think the real beauty in what I do is taking something that is formless and making it into an expressive piece of artwork using what was left



behind," she says. "It's about the transformation of spaces, making them come alive with artwork that has the ability to interact with its environment. "Whether it's a piece that produces an intricate array of playful shadows, or one

that helps to create a feeling of intimacy within a space, I love being a part of creating objects that are both beautiful and functional." 

Ashleigh Mattern

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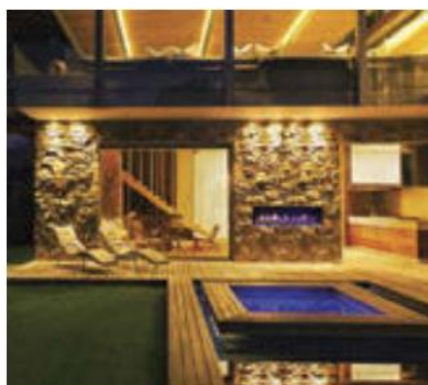
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RESTORING THE GRAND IN PETTIT

A 13-Year Love Affair

Karen Sterner doesn't believe in ghosts. She's said so to the many people who've asked about living in the historic Pettit House at 870 University Drive. But fate might be a different matter.

Karen, a pianist and music teacher, and Steve Boechler, a psychologist and woodcarver, bought the once-grand mansion in 2004 and began a massive restoration and renovation.

The 4,200-square foot house was chopped up into apartments in 1926–27, and the couple dedicated themselves to returning it to an elegant single-family home. Combining talents in design, woodworking, masonry, textiles, construction know-how, with sheer emotional and physical do-it-yourself stamina, Karen and Steve were destined to be custodians of the historic mansion.

Serious DIY Commitment

Because of the major 1920s reno, taking it back to the original was not always possible. Pure restoration gave way to sympathetic renovation from time to time.



'The major renos took the first eight years,' says Steve. 'The structural, electrical and plumbing. We started at the top and worked down. Two years in, we opened it up so

you could actually walk up and down inside instead of going outside to the exterior stairs. That was very cool.'

The expansive verandah had been partitioned off for separate apartments. The couple celebrated the day they broke through the brick, and opened up the length of the original.

'When we do a house, we try to tread carefully. This



 **KARIN MELBERG SCHWIER**  **APPL PHOTO**

might sound a little funny." Karen smiles. "But we try to listen to the house and get a sense of what it wants to be. A house like this has a lot of idiosyncrasies that make it unique and lovable."

A House "Different From Any Other"

The grand manor was designed by renowned architect Frank Martin and built in 1912 for Herman Pettit, an Ontario

farmer/real estate developer. Pettit wanted a house "different from any other, one that would turn heads."

It's said that Martin did a tongue-in-cheek mixture of grandiose Tudor and Spanish Revival styles. Dramatic in the neighbourhood, it had stucco, brick and stone exteriors, cross gables and dormers, a broad wrap-around verandah, bell-cast tower, a lavish port- ➤



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Photo from 1918 (left), Pettit home today (right).



Photo: Local History Room - Saskatoon Public Library - LH-6459

cochère and carriage house. But Pettit only briefly enjoyed it. In 1915, the family moved to Hoey. He built a modest home, and died soon after.

"People speculated that Saskatoon was going to be the hub of western Canada," explains Steve. "The war started. Winnipeg became that centre and things crashed here. The Bell House, Calder House and several large Nutana homes sat empty for years after the owners just left."

A Succession of Owners

After 1915, the house passed into different hands, and even sat vacant for time, until dentist George Sommervill and his wife bought in 1918. In 1926, archi-

tect J. Melrose Morrison planned a major restructuring. Suites with kitchens and bathrooms were built in the basement, first, second and third floors. A five-sided gazebo was built in 1936, the year George died. In 1940, his widow spent another \$1,000 to repour footings and extend basement walls. She rented rooms until 1959.

During the '60s and '70s, tenants included university faculty and students. With good bones, the house was bravely impressive on the outside, but decline was underway.

Reno Assaults and Other Indignities

The house suffered. If a radiator didn't fit under oak window trim or the grand staircase

needed to make way for a new bathroom, a hatchet served the purpose. Handcrafted borders in oak flooring were cut up. Electrical knob and tube rats' nests formed. Exterior stairways gave tenants outdoor entrances; third floor windows were replaced with cheap aluminum. Water found its way in.

The house faced other embarrassments. A persistent

rumour held that a "high class" brothel operated in the 1960s. It's neighbourhood legend that can't be substantiated, as is often the way of secret establishments.

The June 1963 *Star Phoenix* did report the dentist's son who grew up in the house, George Patrick Sommervill, a one-armed crown prosecutor, was found guilty and disbarred

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Woodcarver Steve has ample natural light in his basement workshop.



Karen and Steve on their grand verandah.



for bribing police in a gaming house scheme that included "unlawfully selling liquor." Pat went on to champion legal aid in Alberta and was eventually reinstated as a lawyer. He credited Alcoholics Anonymous for turning his life around.

Pulling Back From the Brink

That drama aside, in 1975, new owners Bill and Dorothy

Onochinsky began house improvements "with touches of original charm." Still, the house went up for sale in 1987. Prospective buyers intended to bulldoze. People who valued heritage homes were devastated.

Miraculously, the sale fell through. Locals Meg Gerwing and Greg Botting hurried with an offer to save the house.

The following year, they got a Municipal Heritage Property designation to prevent future demolition, the first privately owned residence to receive such status. The couple began restoration work, estimated at about \$30,000, while still renting several rooms. They repaired a 9.5-foot fieldstone pillar to save the iconic front portico. Greg was killed in an accident

in 1999; Meg eventually sold to Karen and Steve in 2004.

All the More Reason to Love

"We went to look at the house and it was pretty overwhelming. We didn't burst into tears then; we did that on the day we took possession!" Karen laughs. "We knew it would take work, but it was kind of a fantasy building for us. Our minds were ➤

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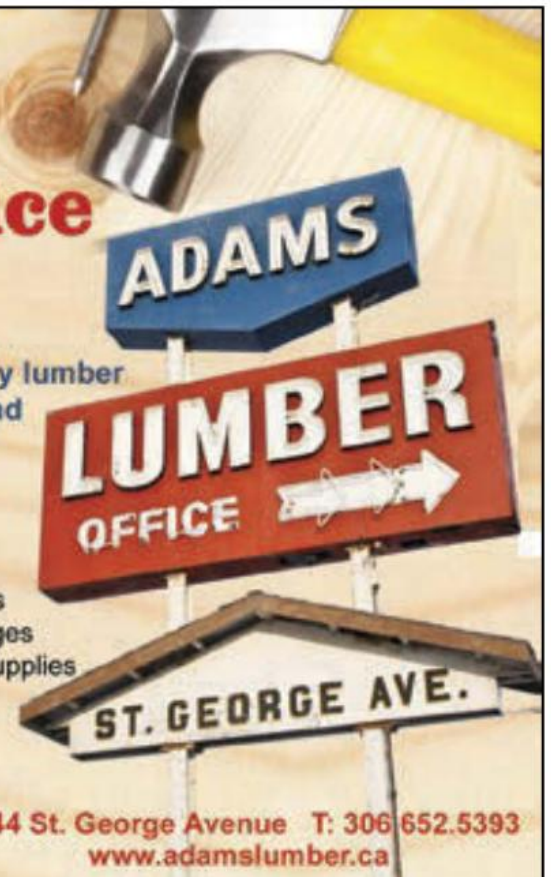
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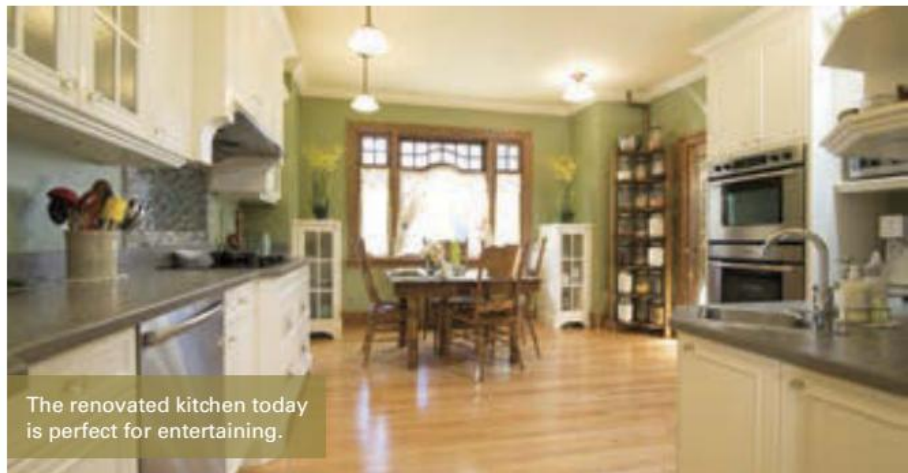
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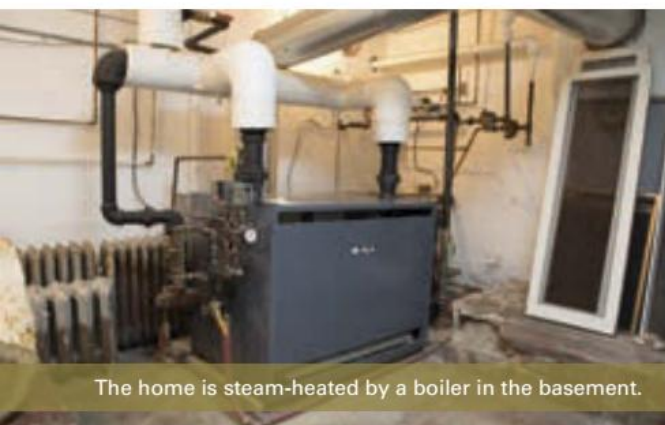




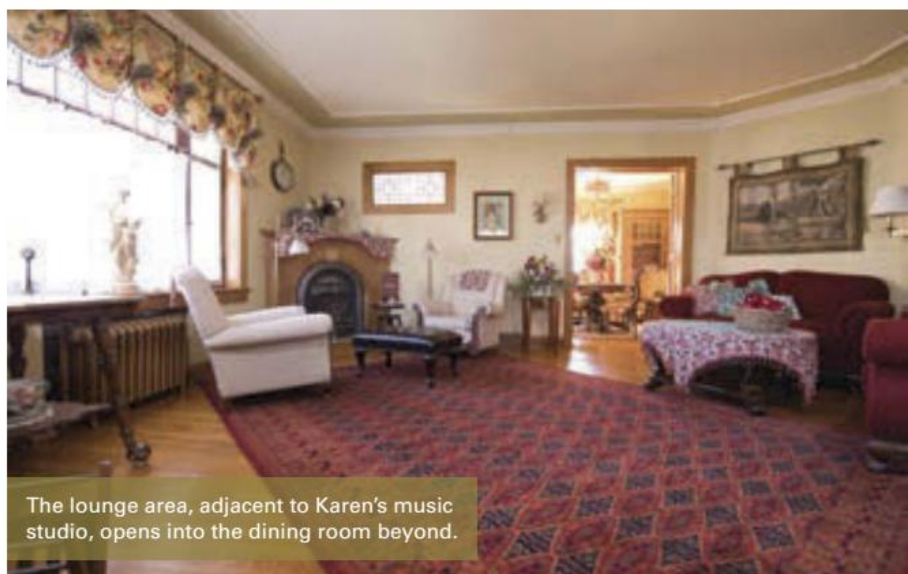
The original kitchen cupboards were moved to the basement.



The renovated kitchen today is perfect for entertaining.



The home is steam-heated by a boiler in the basement.



The lounge area, adjacent to Karen's music studio, opens into the dining room beyond.

full of possibilities, so it was probably good we didn't realize the scope of the job."

"The main floor was livable," recalls Steve, "and we had to start at the top and work down because otherwise you track your demolition mess through your living space."

The couple spent months pulling wiring through lathe and plaster, moving doorways and restoring spaces, disturbing as little as possible.

"We didn't want to destroy the original walls, trim and wainscoting, so instead of just crashing through and replacing with drywall," says Steve, "we spent a lot of extra time and effort to fish wiring through."

Armed with original 1926 reno

blueprints, they determined what the original structure had been. To open up and rebuild the staircase, best guesses led them to poke through walls to reach closed-off landings.

"There's a quote I like," says Karen. "'People admire you for your strengths, but they love you for your weaknesses.' The silliness of an old house is what makes you fall in love with it. This house has so many stories, so much history. So many people have called it home."

Successful DIY Means Getting Dirty

"People talk about how intolerant they get about doing renos," Karen says. "We never had that feeling partly because we were in control. We'd do a

small area, finish it and then move on. We made a point to celebrate our progress at the end of each day."

For the first few years, the couple worked mornings, cleaned up, went to their day jobs, then worked every evening until midnight, all weekends, all holidays. Because the floors were blocked off, opening ceilings to wire and plumb meant the demolition messes were relatively contained.

"The house is heated by steam, so we weren't eating quite so much plaster dust on our cereal in the morning as we might have with forced air," says Steve. "When we started the kitchen renovation, we moved

up to the third floor where there's a little kitchen and bath."

Trapeze Artistry

When Steve's brother Tom took back his offer of exterior painting in the summer 2005, it fell to Karen who was deathly afraid of heights. Five levels of scaffolding went up. From June to September, Karen was a harnessed house painter. Steve did repairs as work progressed.

"I first climbed up white knuckled. I couldn't look down because I had vertigo," Karen remembers. "The first thing to do is pull out all the old hardware, nails and screws. Clean up, then scrape. Oh, I forgot the screwdriver, so I'd go down and back up. Oh, I need ➤

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In 1936, a carriage house (to the right) was built for horse and buggy. A multi-sided cedar gazebo (centre) built in 1946 faces south. Karen and Steve use it for gardening tasks and tool storage.



the other paint scraper so down and back up. By about the fourth trip, I was so hoppin' mad that I forgot about being scared!"

Passersby began to notice, giving Karen encouragement as she dangled overhead. The exterior blossomed in eight beautiful heritage colours.

"By end of summer," says Steve, "she looked like a little squirrel on a rope, scampering from scaffold to scaffold."

Neighbourhood Cornerstone

"There are many wonderful gems in Nutana and this house is just one of the treasures," says Karen. "People look to it like it's one of the solid grandmothers of the neighbourhood."

Not to be too paranormal, but Karen feels perhaps the house finds the restoration of its original gentility pleasing, even healing. Music soars from her piano studio, and Steve's hand-carved fanciful carousel

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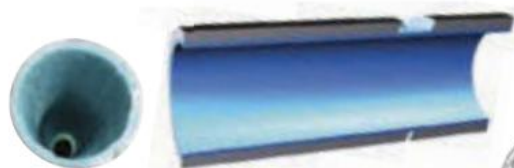
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Years as apartment block – 77

Years on most recent restoration/reno – 13

Electrical panels removed – 6

Exterior heritage paint colours – 8

Driveways – 3

Yards of gravel – 86

Tons of paving stones – 33

Interior heritage paint colours – 36

Fireplaces (originally coal-burning) – 4

Doors with antique glass doorknobs – 14

Panes original window glass – 308

Weeks to lay bathroom hexagon coin tile – 6

Feet of crown moulding installed – 753

Flights of stairs – 5


Hours to strip and refinish stairs – 150

Oil tanks found buried in backyard – 1

Lasting marriage – 1

animals and happy mythical creatures inhabit many rooms.

"This house weathered many difficulties in the past" Karen says, "Now it stands

proud again. From the day we stepped inside, we knew it was a joyful, welcoming place." 

Karin Melberg Schwier



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THE WELL-MANNERED GARAGE

Form Follows Function in Garage Design



 **JULIE BARNES**

Photo: Wayne Dalton

In the early '90s, the suburban cul-de-sac I grew up on was nearly complete. One of the last houses to go up was being finalized, and some of the neighbours were not pleased. With their gabled roofs and Victorian-style veran-

dahs, the front entrances of the existing homes were given pride of place. The mostly single-car garages either sat detached, offset behind the front entry of the home, while the attached versions sat flush with their façades. Several had

no garage at all.

This new build had an attached garage that protruded several feet ahead of the home, dominating the dwelling and drawing the ire of the neighbours. It wasn't until several years later that I'd learn

the term for such a structure. They're called "snout houses"—a decidedly pejorative name that suggests the jutting-out garage resembles an animal's snout. Common throughout North American suburbia, the worst offenders



Photos: Wayne Dalton

look like a garage with attached living quarters.

Aesthetics aside, many urban planners say snout houses can affect neighbourhood safety, because they “turn eyes away from the street.” They’ve even gone as far as banning them in Portland, Oregon. And areas such as The Meadows in Saskatoon are bringing back the front porch in their design, pushing garages back into alley ways.

My childhood street seems downright quaint when I meet with Doug Schmidt, an architectural technologist and owner of CADvantage Design. “A three-car garage is the number one request I have come in every day,” says Doug. “Anybody who is building a mid- to upper-end home, it’s a minimum of a three-car garage. If it’s a starter home, two-car is fine.”

Unless it’s situated on an acreage, a wide city lot or in an area with back laneways, it can be challenging to prevent a large garage from upstaging the house itself. However, with over 5,000 home designs under his belt, Doug knows a thing or two about striking a balance and ensuring form follows function.

Downplaying By Design

“Quite often, we set one garage door ahead of the other,” says Doug. “We like to do that. It breaks up the garage, versus having one big, flat wall.”

Doug also uses a mix of materials, windows and roof styles to create visual interest and further break up the façade, three methods he harnessed when designing his own home. “My garage is ➤

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really tall, so I added windows above the garage doors," he says. "When you have a tall garage, adding windows above the door is a good solution. It eats up some of the wall space, makes it feel not as tall and you get that natural light. We use typical residential windows so they do have some R-value."

As for the roof, he added a Dutch gable (see blue house image to the right) above his garage, echoing the one to the left of the front door. With its horizontal roofline, the gable further breaks up the garage.

"I have horizontal siding, and shakes above, on the Dutch gable," he says, explaining how the same materials are used on the house for a cohesive look.

Tandem garages, in which one car sits behind the other, are an effective way to minimize a garage's width, and offer a good solution for homeowners with vehicles they don't drive frequently, or for couples who are willing to drive whichever car is in front.

Side-Entry Solution

Side-entry garages are another common request Doug receives from his clients. "It's trouble when you try and put a side-entry garage on a lot that's not wide enough. You have to make a three-point turn to get in there, and the truck sits on the driveway, because it can't make that turn."

However when space permits, side-entry can be an attractive solution because it "allows you to have windows on the street end, which makes it look like a grander project," says Doug, adding that the design means some backyard space is sacrificed.

Neighbour-Friendly Placement

In Saskatoon's newer neighbourhoods, there's often a pattern dictated by the devel-



oper when it comes to the garage placement on the lot.

"They usually position it garage to garage, living room to living room," says Doug. Placing the protruding garages side-by-side avoids creating a tunnel effect. For example, if two neighbouring lots both have their garages on the right side, the front door on the right house can become buried and further enhance the garage's dominance and fade away from your first impression of the home.

Complement, Don't Contrast

With the number of door styles, colours and decorative hardware options available today, it's easier than ever to design a garage that harmonizes with the home. One way to minimize the presence of the garage is to select garage doors that complement the house, says Dwayne Porter, with Creative Door.

"A lot of customers pick their garage door and then stain their front door to the same wood grain," he says. However, your garage door doesn't have to match the front door. Choosing a colour that matches the surrounding walls will help



Photo: Martin Door



Photo: Doug Schmidt

When Doug designed his home, he added windows above the garage doors to break up the flat space and allow natural light in.

the garage door disappear, ensuring the front door—not the garage—is the first thing that greets your guests.

Technology & Design Trends

Garage doors have come a long way towards enhancing the curb appeal of your home. Dwayne shares some ideas to consider if replacing your garage door or building new.

Parking Assist Lasers—a laser mounts on the ceiling beside your garage opener head so when you pull in, a laser beam will appear on your dash as a red dot prompting you to stop. A significant upgrade from the old tennis ball hitting your windshield.

Smart Phone Connected—you can open and close your garage door with your phone,

and the technology even shows the door going up and down. You can control this from your driveway, work or anywhere in the world.

Encryption Technology—this technology, sometimes called a rolling code feature, prevents hackers from intercepting the code that your garage door remote control transmits.

Energy Efficiency—garage doors can be made of a number of materials including steel, fiberglass and composite wood. In addition to this they come in single, double and triple layers, with polystyrene (styrofoam) or polyurethane (spray foam) insulation. Each representing a vastly different R-value that will affect your energy efficiency.



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With thoughtful design, garages don't have to be imposing.

Photo: Wayne Dalton



Photo: Richard Wilcox

Styles and Accents—Carriage house, modern, raised panels, recessed panels and other custom options—garage doors have come a long way in adding stunning design to the curb appeal of your home. Looking for an instant facelift? Replacing your garage door will do just that. In addition to the door style, there are also stylish accents

such as hinges and handles that will add visual interest.

Windows—Windows are a great way to bring natural light into your garage, and can add both style and function. Glass can be customized with techniques that tint, pebble, frost or etch the glass. You can even add aluminum grids over the glass for a dramatic effect. Acrylic is

an option that is very durable, is a great insulator and actually transmits more light than glass. Plastic inserts are a low-cost and low-maintenance option that come in many shapes and styles. An advantage to plastic is that it can be easily replaced over the years, which allows you to update your garage door at a nominal cost.

With a smart design and thoughtfully selected materials, you can ensure your home passes the trick-or-treat test: Can kids spot the front door from the sidewalk, or is it hidden from view? Passing the test equals improved social interaction, and a more neighbourly neighbourhood. (H)

Julie Barnes

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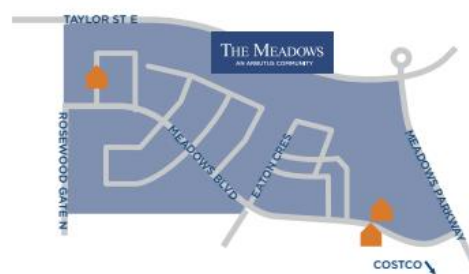
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 **KARIN MELBERG SCHWIER**

PLANTS OF THE YEAR

Inspiring Gardeners, Capturing Imaginations

Photo: Vineland Research and Innovation Centre

Two particular flowering plants, both beautiful but tough enough to withstand harsh Saskatchewan growing conditions, have been selected over and above their showy brethren to celebrate Canada's sesquicentennial.

The Canadian Shield Rose was chosen as Plant of the Year by the Vineland Research and Innovation rose breeding

program in cooperation with the Canadian Nursery Trades Association. And the nectar-sweet Butterfly Plant, selected by the Perennial Plant Association, serves as the perennial plant tribute during Canada's 150th.

The 150 Rose

When poet Gertrude Stein wrote, 'A rose is a rose is a rose,' it's not likely she was

thinking about Canadian gardeners, nor when Shakespeare famously penned 'a rose by any other name would smell as sweet' was he mindful of zone hardiness. Still, a particular prickly perennial flowering shrub, The Canadian Shield Rose, is the "150 Rose," the Plant of the Year.

"It's a Zone 3 hardy flowering shrub which is hardy

even to our region here in Saskatchewan. Even with the harsh winter, this plant has a great chance of surviving," says Jill Umpherville, an owner at Dutch Growers. This rose is, she adds, "a re-bloomer so it will give your garden blooms from spring until frost."

For those patriotic gardeners, you're in luck. This one is a deep satin red with a traditional

Canadian Shield Rose (left), Butterfly Plant—*Asclepias Tuberosa* (below).

double flowering appearance. Plant this with companion blooms like Shasta daisies or white daylily or asiatics as homage to the Canadian flag.

Jill notes this medium shrub rose has a mature size of up to five feet high and four feet wide so it's "great for both small and large yards." It's resistant to powdery mildew, that annoying white power that can show up during the heat of summer, and to a fungus called black spot. It does best in Zone 3–5, likes full or part sun and likes its toes in clay with good drainage or sand-based soil and a pH of 7.

Start looking for it after Mother's Day (or check on pre-ordering). Plant the rose in well-drained soil, in a hole twice the size of the growing pot. Back fill with a rich topsoil and peat mix. Jill advises gardeners to water well and check moisture weekly. "Once blooming starts, be sure to deadhead the spent flower below the hip to promote continuous blooming." Fertilize with 30-10-10 or with an organic fish bloom fertilizer. Every April, prune the plant back a third to a half to promote new growth. That's important, since blossoms appear only on new growth.

***Asclepias Tuberosa*—The Butterfly Plant**

If you plan to celebrate Canada's 150th with bright orange fireworks, butterflies, hummingbirds and bees, the Perennial of the Year is for you. You can feel good about the fact it's also the primary food for the North American native butterfly in its caterpillar state.

The Butterfly Plant (also known as the Butterfly Weed) "is long lived and has vibrant orange, red or yellow flowers that will add great colour to the flowerbed," explains Jill. It's hardy to Zone 3, but appreciates mulch for the winter months.

"It's drought tolerant, deer resistant and grows best in full sun, so perfect for the lake," she adds. It's easily grown in average to dry, well-drained soil. The taproot is best left undisturbed once established, so think about where you want it, and then resist the urge to dig and move.

"The Butterfly Plant will grow one and a half to two feet tall," says Jill, "and blooms from June to August to give gardeners a great supply of colour and cut flowers throughout the entire summer." (H)

Karin Melberg Schwier



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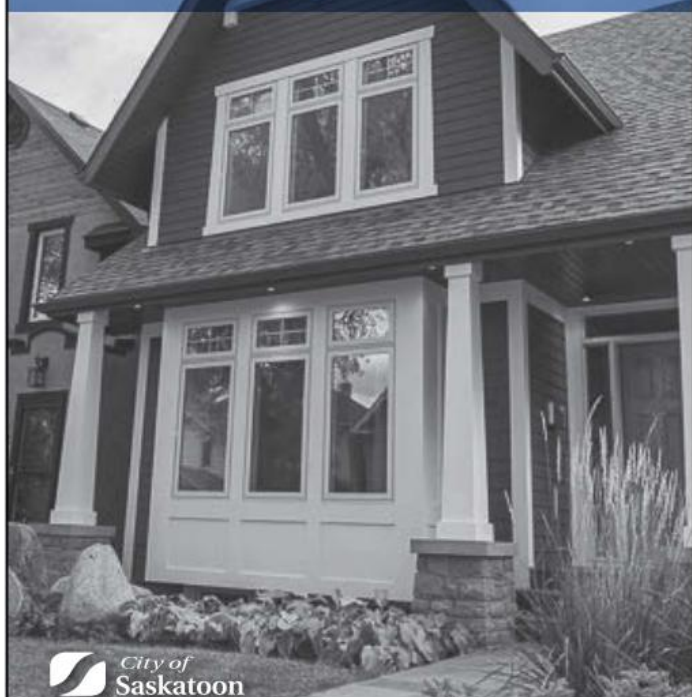
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KARIN MELBERG SCHWIER

COLOUR OF THE YEAR 2017

Greenery 'Oxygenates and Reinvigorates'

It's not simply green, this 2017 Colour of the Year. Not the chlorophyll-drenched dark green like sage, seaweed or forest, or the glossy emerald that took the crown back in 2013. Certainly not avocado or olive. Instead, it's 'Greenery,' a bit more yellow, perhaps lime but not exactly the Jello variety.

Kind of Granny Smith apple but not so *green*. More like, what? Chartreuse. An Anjou pear, perhaps. You'll know it when you see it, and see it you will in everything from home décor, to commercial and industrial products, food and drink and fashion flair. Greenery is the year's 'It' colour.

Coming Up With the Colour

For the past 17 years, what's 'It' is chosen by colour experts with the Pantone Color Institute, based in New Jersey. They "comb the world looking for new colour influences. This can include the entertainment industry and films in production, traveling art collections

and new artists, fashion, all areas of design, popular travel destinations, as well as new lifestyles, playstyles and socio-economic conditions. Influences may also stem from new technologies, materials, textures and effects that impact colour, relevant social media platforms and even up-coming sporting



Photo: Keurig

events that capture worldwide attention," according to an Institute release. Wow.

This is no eenie-meenie-miney-mo wimpy selection process. Colour trend analysis and selection are big business. Think Minions yellow, fire engine red and that quintessential Birks blue box.

Much Needed Reassurance

For this year, Pantone chose Greenery "to provide us with the reassurance we yearn for amid a tumultuous social and political environment," says Leatrice "Lee" Eiseman, the Institute's executive director. "Greenery symbolizes the reconnection we seek ➤

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PAST COLOURS OF THE YEAR

2016-1	2016-2	2015	2014	2013	2012	2011	2010
PANTONE® 13-1520 Rose Quartz	PANTONE® 15-3919 Serenity	PANTONE® 18-1438 Marsala	PANTONE® 18-3224 Radiant Orchid	PANTONE® 17-5641 Emerald	PANTONE® 17-1463 Tangerine Tango	PANTONE® 18-2120 Honeysuckle	PANTONE® 15-5519 Turquoise

with nature, one another and a larger purpose.”

Lee speaks annually with Saskatoon HOME from her office on Bainbridge Island near Seattle about what’s behind the Colour of the Year selection. Greenery just might have particular meaning for those who live with a lot of white during long winter months.

“As I live in the Pacific Northwest part of the U.S., I feel a special kinship to my Canadian friends,” Lee says. “We know what it’s like to live through a season of relentless gray, so a spark of this ebullient Greenery reminds us that spring is just around the corner when those tender shoots emerge from the earth.”

She says the choice influences what consumers will notice across multiple industries in 2017. Calling it a “trans-seasonal” shade, Lee says Greenery lends itself to many combinations and applications throughout the year.

A Playful and Precise Palette

In conjunction with New York Fashion Week in September, the Spring 2017 Pantone Fashion Color Report, published for the fashion industry, featured the top 10 colours in fashion. Hidden within lurked Greenery until the official Colour of the Year choice was revealed in December. Those rooting for Kale can be comforted that the veggie hue is still a pairing partner in the 2017 palette. ➤



Photos: Terrell Swan Photo (light), Unisex (shoe)



Photo: Neiman Marcus





Photo: Kenzo

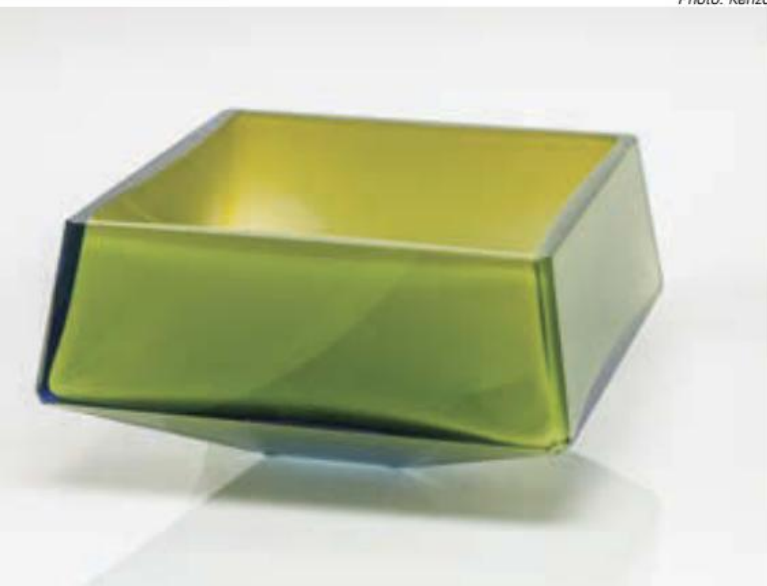



Photo: Mozer

"Reminiscent of the hues that surround us in nature, our Spring 2017 Fashion Color Report evokes a spectrum of emotion and feeling," says Lee. "From the warmth of sunny days with PrimroseYellow to the invigorating feeling of breathing fresh mountain air with Kale and the desire to escape to pristine waters with Island Paradise, designers applied colour in playful, yet thoughtful and precise combinations to fully capture the promises, hope and transformation that we yearn for each Spring."

Given a time of disturbing political developments and social unrest, maybe Greenery

is one subtle way to connect with the simplicity of Nature. What's more refreshing and revitalizing than a verdant garden or forest? Will it help remind us of our commitment to be green in our daily lives? Does this mix of spring green and sunny yellow offer some hope for what we face in 2017?

It won't be easy being green, but maybe it will remind us to take a deep breath. 

Karin Melberg Schwier

(For more information about Lee and the Color Institute, visit: www.colorexpert.com.)

GREENERY COLOUR PAIRINGS

Nature's neutral, PANTONE Greenery is a versatile "trans-seasonal" shade that lends itself to many colour combinations. As displayed in the palettes below, Greenery is paired with neutrals, brights, deeper shades and pastels. These palettes easily cross over fashion, beauty, product and graphic design applications.

				
PANTONE® 17-4406 Lead	PANTONE® 16-1431 Canyon Clay	PANTONE® 15-1343 Greenery	PANTONE® 18-1411 Plum Wine	PANTONE® 17-1126 Bone Brown
				
PANTONE® 17-1314 Sepia Tint	PANTONE® 17-0949 Chai Tea	PANTONE® 13-1105 Brown Rice	PANTONE® 17-3914 Sharkskin	PANTONE® 15-1343 Greenery
				
PANTONE® 15-1343 Greenery	PANTONE® 17-0145 Online Lime	PANTONE® 19-4057 True Blue	PANTONE® 18-4244 Directoire Blue	PANTONE® 17-5126 Viridian Green
				
PANTONE® 15-1343 Greenery	PANTONE® 13-3804 Gray Lilac	PANTONE® 13-6107 Green Lily	PANTONE® 15-1717 Pink Icing	PANTONE® 12-4305 Spa Blue

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Photo: Saskatoon Concrete Artisan - Darren Cook, Stoneflow Designs

 **DANNY BRADBURY**

STANDING THE TEST OF TIME

Concrete and Cement in Your Space

It's the most-used element in construction. It made the Hoover Dam, Rio's Christ the Redeemer and the CN Tower, and it can also produce a respectable-looking dining room table. Concrete is a versatile medium that can reshape entire cities or revolutionize your home—but doing

either takes insight and skill.

Concrete shouldn't be confused with cement, which is a different element altogether. Composed of limestone, calcium, silicon and iron, cement is one the concrete's core ingredients, but only when bound together with water and aggregate mate-

rial such as sand and stone. Concrete is to cement what cakes are to flour.

From Rome to Home

Concrete has a long, rich history, dating back to 3000 BC when the Egyptians used prototypical concrete-like compounds to build the pyra-

mids. The Romans used something akin to modern cement to build the Colosseum and the Pantheon, mixing water and limestone with the ash from Vesuvius to produce structures that are still in use two millennia later. That concrete floor you're investing in will probably last a while.



Smooth or textured, concrete applications pair well with materials like wood and natural fibres.

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Even after all this time, designers and architects are still innovating with it. Coloured concrete, tinted to order, first appeared around 1915, while decorative stamped concrete evolved in the 1950s. The 1980s brought us concrete countertops, and concrete engravers emerged in the following

decade. The material may be ancient, but it constantly serves up new choices.

This innovation has made concrete a consistent design feature in our homes. "We see concrete floors, countertops and wall fixtures," says Brandon Gay, showroom manager and product buyer at Saska- ➤



Photo: Saltlito Calgary



Photo: Darren Cook, Stoneflow Designs

toon's Metric Design Centre. Used judiciously, it can bring a neutral, industrial feel to a home, he adds. "You're not always afforded the opportunity to live in a refurbished warehouse."

Taking the Rough with the Smooth

Brandon highlights two broad kinds of concrete finish. The first is a highly-polished, extremely fine surface that lends itself well to ultra-smooth floors.

The second leaves concrete in a raw state, with its aggregates (such as small rocks) exposed. The raw concrete's surface can be ground down or washed, the latter removing some of the cement and creating a sidewalk-style finish suitable both for textured floors or for detailed finishes.

Raw concrete finishes can be used to bring outside elements into the home, Brandon says, adding that this is becoming a popular trend.

Concrete isn't restricted merely to floors or walls. Designers have taken new leaps with the medium, using it in elements from furniture (particularly tables and countertops)

through to lighting fixtures, including not just standing lanterns, but pendant lights.

"The benefit in using it for lighting is that it's a way to bring that element into your space without going through the work of redoing your floors, and keeping it cost-effective," he says, adding that the cost of concrete tile flooring is in the same ballpark as hardwood.

Mixing it Up

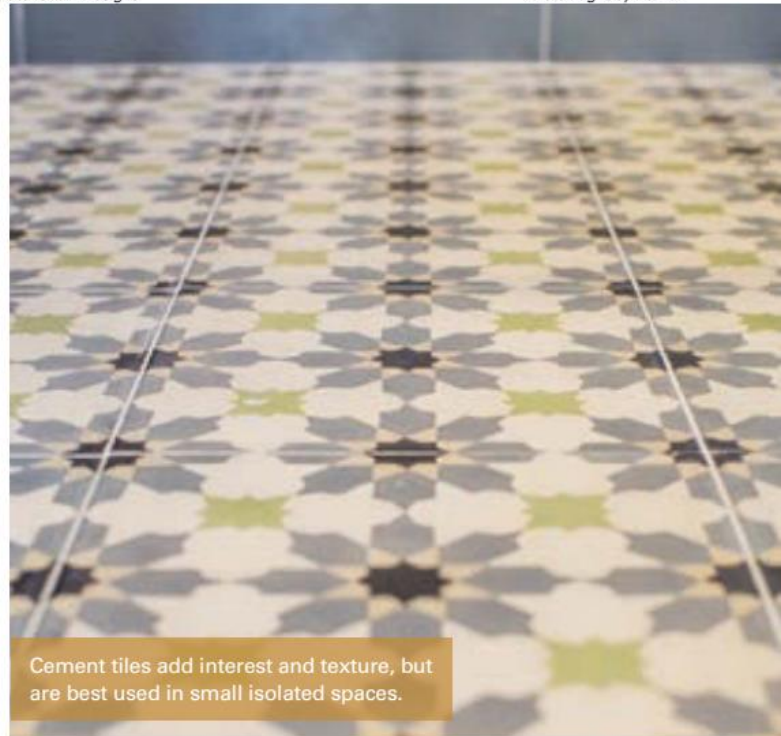
Concrete can be a harsh, brutal medium if used indiscriminately though, and homeowners will need a keen eye to avoid concrete elements becoming too stark. They can make concrete designs warmer by introducing natural elements to complement those hard lines, Brandon advises.

"It gives you a great foundation for other materials that would be influenced by nature," he says, citing sand, and natural fibres like jute in rugs. "If you're pairing it with the right things, you can use it to create a warm, naturally-inspired space."

Tricks such as these can break up the material's other-



Photo: Light by RenWil



Cement tiles add interest and texture, but are best used in small isolated spaces.

Photo: Saltlino Calgary

wise hard lines, Brandon suggests. This is often most evident in concrete furniture such as tables. A concrete tabletop can be set atop wooden legs to create more complex, pleasing furniture designs. Even the concrete finishes can vary within a single surface to add contrast.

"You'd probably want to keep the surface of the coun-

tertop smooth, but there'd be a way to grind down or wash the edge of the countertop to expose that roughness, creating a mechanical finish on the side," he says.

Concrete won't always be a fit for traditional homes, warns Gay. It lends itself to streamlined environments with flat surfaces and clean lines. Nevertheless, concrete's ➤



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defining component cement has its own place in design, and can be a better fit for more traditional spaces.

Focusing on Tile

Cement tiles typically exhibit highly-detailed, curved patterns that sit well in homes

with softer, broken lines, he explains, adding that the tile application dates back to mid-19th century Spain. The idea spread across Europe over the next 150 years before appearing in North America in the early 20th century.

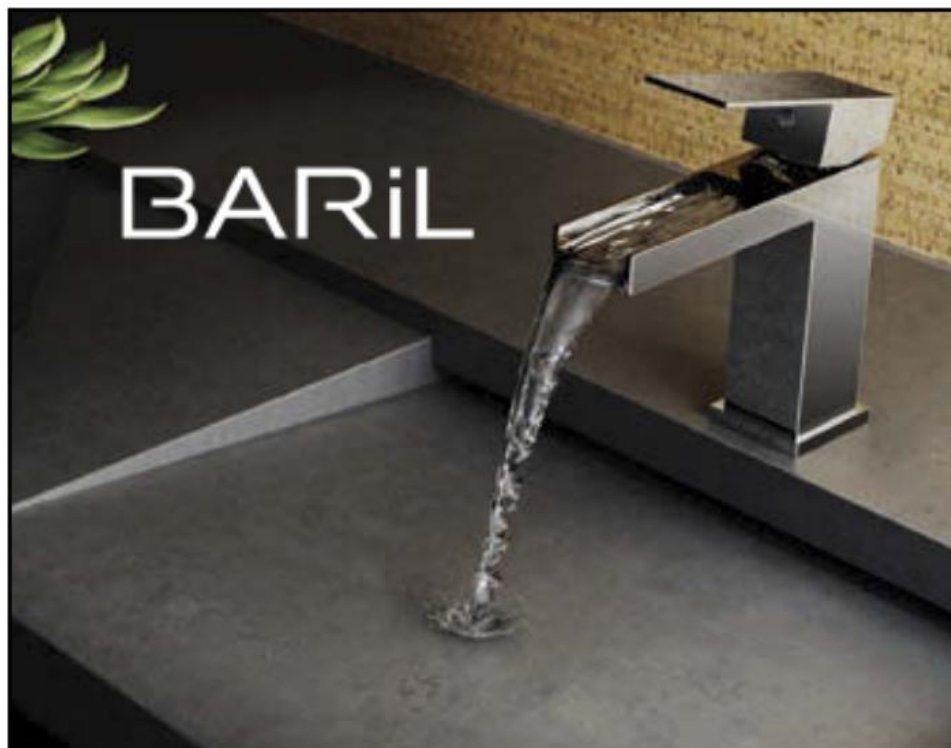
These tiles, typically

measuring 8 x 8 inches, are made almost exclusively from Portland cement, which was invented in the mid-19th century and named after the Portland stone that it resembled.

Whereas concrete is designed more for seamless, slab-like finishes, cement tile

can be used to add smaller, more detailed focal points to the home. All hand-made, these tiles use cement of different colours poured into metal moulds to produce custom patterns.

The cost and the fine detail in cement tile combine to



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Photos: Sattilo Calgary supplied by Metric Design Centre

make it a rich design element that shouldn't be over-used, Gay says.

"Don't overwhelm a space with cement tile. The structure of the pattern is very defined, so it lends itself more to finer focal points," he warns. Consider it for more

isolated spaces, such as bathroom floors or feature walls in a main room. Even kitchen backsplashes can benefit from this warming, textured design element.

In the right setting, concrete finishes and cement tile can complement each other.

Because it's such a versatile medium, homeowners can choose their cement tile to resonate with other elements in the space. Modern tile patterns have morphed into flatter, more geometric combinations that could provide a pleasing counterpoint to

concrete designs.

That's the great thing about these two ancient but vibrant materials: when you're using them, no rules are set in stone. (i)

Danny Bradbury



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 CRAIG SILLIPHANT

 LILLIAN LANE

HOME FOOD:

Bannock (Pahkwesikan)

Whether you need something easy to make on a camping trip, or to accompany your stew, bannock fits the bill. For the uninitiated, bannock is a type of bread that has an important relationship with First Nations culture. There are two main types of bannock, the donut-like greased bannock and the more sturdy, scone-like baked bannock. I was lucky enough

to meet a pair of sisters, Hawk and Moh, who showed me how to make each version.

The origins of bannock are sometimes hotly debated. The name for it comes from the Gaelic word 'bannach,' which means "morsel." Most would suggest that it originated in Scotland and was brought to Canada in the 19th century, adopted by the Indigenous peoples of Canada, specifi-

cally the Métis in the West.

However, some argue that it is a false assumption that Aboriginal people didn't have bread pre-European contact. In fact, they did have bread, even using ingredients like plants and lichen in the recipe. I found one account that bannock was originated by the Navajos that were imprisoned at Fort Sumner. Either way, bannock became a mainstay of suste-

nance for early explorers and traders as well as Aboriginal people, probably because of its versatility.

"With these easy ingredients, you can pack them and take them into the forest and make it anywhere," Moh explains. "It also doesn't spoil as fast as regular bread."

We start with the greased bannock, and Moh walks me through the recipe. She learned



to make bannock by watching her grandparents when she was a teenager in Sandy Bay, Saskatchewan.

"It's easy. You can learn early, too," Moh adds. "My granddaughter makes bannock and she's seven years old."

After mixing the dry ingredients, she makes a well to pour warm water in and then mixes it all into a soft dough. She kneads it, making sure it's not sticky, but also not over kneading or it will be too hard. From the flat oval shape of the dough she has formed, she cuts strips and then squares.

"I'm going to make a slit in each piece," she says, cutting a small line with a knife in each. "I want the bannock to cook all the way through. If you don't put that little slit in the middle, like you do in donuts, it's raw.

It needs to cook evenly and in the thickest part."

Moh has pre-heated a cup of lard in a cast iron frying pan on the stove. It needs to be hot enough to cook the bannock or it will just absorb the grease. You want to see the grease sizzling (though not too hot, of course). Make sure the bannock floats in the grease and doesn't stick to the bottom. You can tell one side is done when it floats to the top, then you carefully flip it.

Hawk prefers the baked bannock, so when it's her turn to show me a thing or two, she teaches me this variety, using a pre-mix of dried ingredients she has prepared in advance.

"You can take a pre-mixed bag like this into the bush and make bannock on a stick," says Hawk. Her set up proce- ➤

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Pahkwesikan is the Cree word for Bannock.



ture is similar to Moh's, with slight differences (see recipes). She too makes a well, but adds warm oil and two cups of warm water. She eventually kneads the dough into a flatbread shape and pokes at it with a fork a number of times so it doesn't bubble up.

"Some people like to knead it a lot and I don't," says Hawk. "I don't like my bannock really

thick. Some people do."

The dough goes into a greased pan and into the oven at 400 degrees, for 20 minutes on each side.

For those who may be gluten intolerant or looking for a slightly healthier version, Hawk suggests buying gluten-free flour.

"For a healthier bannock," says Hawk, "I use liquid

honey instead of sugar and extra virgin olive oil instead of Crisco. And Himalayan salt instead of regular salt."

After all the bannock is done, the sisters serve me muskeg tea, a comforting blend of herbal tea made from the muskeg plant, often known as the 'forever' plant because you can harvest its leaves all year round. The tea is supposed

to be good for everything from stomach issues to mild anxiety.

"We often drink muskeg tea with bannock," says Moh. You can eat bannock with berries; you can even bake berries into the bannock. Traditionally," says Moh, "bannock would be eaten with anything wild, like moose meat, fish. We eat a lot of bannock with our soup, too."

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We don't have any moose meat on hand, but that's not going to stop me from tasting the bannock these wonderful women have made. First I try the fried bannock, with a bit of butter and homemade raspberry jam. It is a morsel of decadent deliciousness, light

and fluffy, so much so that you can see the air bubbles inside when you rip it open.

Next we dig into the baked bannock, a more sturdy, but still tasty sibling to the greased version. It reminds me of the biscuits we make at home to serve with stew or soup, though

with a bit of butter and jam, it makes a tidy snack by itself.

They send me on my way with my own supplies, some bannock and some of the dry pre-mix, you know, in case I plan any future treks into the bush. Well, I didn't exactly head into the wilderness,

but I shared my bannock with my wife and son over soup the next day, which reminds me that breaking bread with family is a wonderful thing, no matter where the tradition comes from. (H)

Craig Silliphant

HAWK'S BAKED BANNOCK



Dry Ingredients:

4 cups of flour
2 tbsp. baking powder
2 tbsp. sugar
1 tsp. salt

Wet Ingredients:

1 cup melted lard
2 cups warm water
1 egg (optional)

Mix all dry ingredients in a bowl, make a 'nest' and add the wet ingredients.

Dust the wax paper with flour, knead into a dough and flatten it into a large oval the thickness you desire (about ½–1-1/2 inches).

Poke your dough with a fork all over. About an inch apart to help it bake evenly. Place the full oval of dough in a greased glass baking and bake for 20 minutes at 400°. Flip the bannock and bake for another 20 minutes. Glaze with butter, cut and serve hot or cold.

MOH'S GREASED BANNOCK (FRIED)

Dry Ingredients:

4 cups of flour
2 tbsp. baking powder
2 tbsp. sugar
1 tsp. salt

Wet Ingredients:

2 cups warm water
1 cup melted lard

Mix all dry ingredients in a bowl, make a 'well' and add the warm water. Do not mix in the lard.

Dust the wax paper with flour, knead into a soft dough and flatten it into a large oval the thickness you desire (about ½–1-1/2 inches). If it feels too sticky add some additional flour and knead it in slowly. Over-kneading can make the dough hard so practice will give you a happy medium.

Melt 1 cup of lard in a frying pan, watching not to burn it. It needs to be hot enough to cook the bannock or it will just absorb the grease. Watch for the grease to start sizzling but don't burn it.

From the flat oval shape of the dough cuts strip, and then squares about 2"x2". Cut a slit in the middle of the square so it cooks evenly. The bannock should float in the grease and not stick to the bottom. The first side is done when it floats to the top, then you carefully flip it to the other side and remove it from the pan when both sides are done.

NOTE: Hawk and Moh have used many brands of ingredients in their time making bannock, and through trial and error have come to prefer Robin Hood All Purpose Flour, Blue Ribbon Baking Powder and Crisco lard.

HOMEtown Reflections

 JEFF O'BRIEN

WILLINGDON PLACE SASKATOON'S FIRST CUL-DE-SAC



The R.W. Caswell home on 30th Street, the site of present-day Willingdon Place.

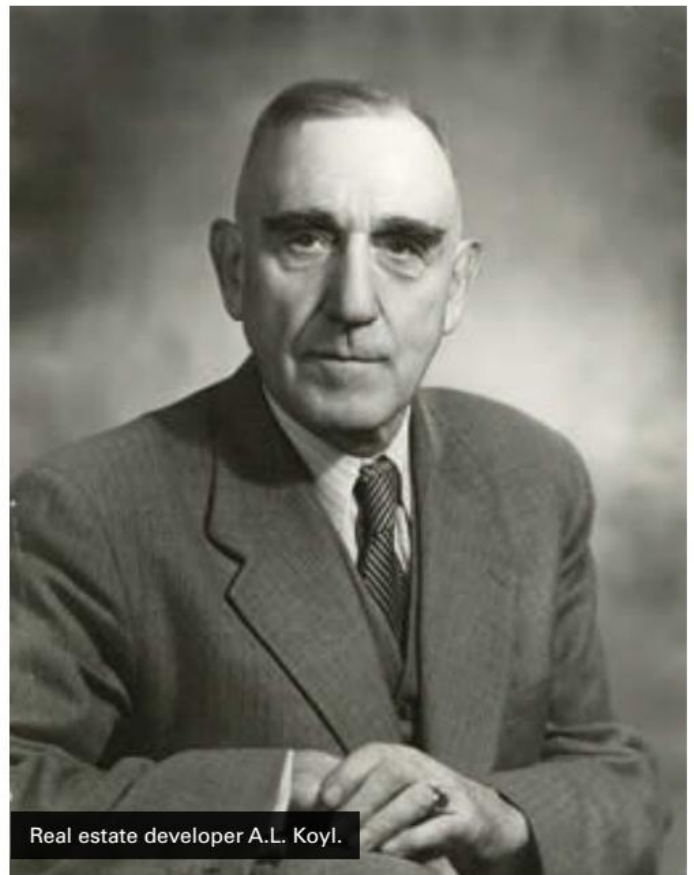
Photo: Local History Room - Saskatoon Public Library - PH 89-23-2

Willingdon Place is a tiny cul-de-sac just off Idylwyld Drive in Caswell Hill. Tucked away as it is, it's easy to miss as you're driving down busy Idylwyld, and for this reason it has been called an oasis of tranquility and a sheltered island in a fast-moving stream. The houses are all quite modest—around 1,000 square feet—and architecturally distinct, hence the reference to candy cane cottages and the whole collection as Gingerbread Lane. But more than all these things, Willingdon Place has a unique spot in Saskatoon's history, for it could just as easily be called the city's first modern subdivision.

First Cul-De-Sac

Built starting in 1927 by a consortium of local businessmen headed by real estate developer A.L. Koyl, the street was marketed as "an Estate of Distinctive Homes," a description that is just as apt today as it was 90 years ago. Not only is it the city's first cul-de-sac, it also marks the first time a development was planned and built entirely in one piece, including the construction of sewer and water lines and the pouring of sidewalks and laying of gravel—things that prompted the newspaper of the day to call it "the first development of its kind in the city." ➤

Willingdon Place is the first street in Saskatoon to deviate from the grid pattern not because it had to, but because someone simply decided to do it that way.



Real estate developer A.L. Koyl.

Photo: Local History Room - Saskatoon Public Library - LH 3880

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Looking across downtown toward Caswell Hill, ca. 1906.



Indeed, Willingdon Place differed in nearly every respect from anything that had come before.

Except where geography made it impossible, streets in Saskatoon prior to the Second World War were invariably laid out in an interconnected

grid pattern. The downtown is slightly skewed because, like any other railway town, the streets are parallel to the train tracks that once ran through there. Willingdon Place is the first street in Saskatoon to deviate from the grid pattern not because it had to, but

because someone simply decided to do it that way.

An Object of Wonder

"Koyl Builds Houses on Unusual Plan" declared the newspaper, heralding the start of construction in July of 1927. The layout was to be unique.

"All of the houses will face toward a horseshoe-shaped driveway which forms the central part of the subdivision." As a result, none of the lots would be regularly shaped, but would instead have "curved fronts or maybe [be] wider at one end than the other."



Willingdon Place, ca. 1928.



Photo: City of Saskatoon Archives – HST-024

A cul-de-sac, in other words, commonplace today but it was an object of wonder in 1927.

Willingdon Place was also to be built with all improvements already included. This meant that each house would already be connected to sewer and water, and that the side-

walks would already have been poured and the street gravelled, with the costs all included in the sale price.

To a modern audience this hardly seems unusual. But it was a serious departure from normal practice in a city where nearly all the streets outside

the downtown business section were little more than dirt tracks, particularly in the outlying districts, and where amenities like sidewalks and sewer lines were generally built after houses started to go in—sometimes long after—and were paid for by levying a special

Local Improvement Tax on the homeowners.

Arts and Crafts

The houses on Willingdon were all designed by a single architect, Saskatoon's Frank P. Martin, in the Arts and Crafts style, which was popular ➤

THE ROARING TWENTIES

Saskatoon was hopping in the last half of the 1920s. The local economy had suffered greatly in the years since the recession of 1913, but by 1925, it looked like the good times had finally returned. The population nearly doubled in the 1920s, most of that after 1925, and the construction industry was booming. New buildings were going up everywhere, including the elegant Capitol Theatre on 2nd Avenue and the beautiful new Eaton's store on 21st Street. Housing starts were skyrocketing. Saskatoon in those days was a city of vacant lots and empty spaces—a legacy of the Great Bust of 1913. Now we were finally starting to fill in some of those bare spots.

The city was changing in other ways, too. Radio had come to Saskatoon in 1923, and by 1925 there were three stations here. Automobiles lined the streets. Aviation had caught the imaginations of everyone, with the local newspapers full of the exploits of those magnificent men (and women) in their flying machines. It was a time of amazing energy and optimism and, for a while anyway, peace and prosperity ruled.



Photo: City of Saskatoon Archives



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WHAT'S IN A NAME?

Willingdon Place is named for Viscount Willingdon, Canada's 13th Governor General, who made his first visit to Saskatoon on April 22, 1927. It was a gala event. Thousands waited at the train station to greet the Viscount and his wife, or lined the route of the vice-regal motorcade on its tour through the city. There were teas and luncheons and a public reception, important landmarks to be visited and, of course, speeches in abundance. When it came time to pick a name for their new subdivision, "Willingdon" must have seemed like an obvious fit to the developers, not only for its patriotic appeal but also as a timely bit of marketing.

in Canada in the 1920s and '30s but was, as the newspaper noted, still quite new to Saskatoon in 1927.

Tracing its roots to a 19th century social movement of the same name, houses in the Arts and Crafts style incorporated aesthetic and architectural elements reminiscent of the hand-crafted homes

of pre-industrial times. This is not to say that the houses are all the same. While they are similar in style, they are each clearly different from one another. But it is the shared architectural elements—the peaked roofs and stucco finish, the casement windows and bits of stylistic flourish—that give the street its charm ➤



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At the centre, Willingdon Place.



Photo: City of Saskatoon Archives

and which make it unique in Saskatoon to this day.

Almost a Parking Lot

Had it not been for the stubbornness of a single homeowner, Saskatoon's unique and beautiful Willingdon Place might have become just another parking lot. In the 1960s, the Saskatoon Convalescent Home, a nursing home

just to the north on 31st Street, began buying up the houses on Willingdon in preparation for an eventual expansion. This would see the houses torn down and, according to one source, the site turned into a parking lot. By the end of the decade, only one home remained in private hands. But those owners refused to sell, and in 1994 the Conva-

cent Home dropped its plans and put the Willingdon Place houses back on the market.

Ironically, the construction of Willingdon Place in 1927 had itself resulted in the demolition of the house that had once belonged to R.W. Caswell, who homesteaded in Caswell Hill (and for whom the neighbourhood is named) and whose house, on the corner

of 30th Street next to Caswell School, was in the way. The low retaining wall that surrounds Willingdon to the south and east, outlining the corner of Idylwyld Drive and 30th Street as far as Caswell School, marks the edge of Caswell's property and is all that is left of this historic house. (H)

Jeff O'Brien



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THE HIGH-PERFORMING HOME OFFICE

Create a Smart, Functional Workspace

In the last 10 years, the number of home-based businesses in Saskatoon has more than doubled, increasing from 2,205 to 4,526 between 2006 and 2016. More and more of us are ditching the daily commute—one of the greatest perks of working from home—but the flip side of that benefit is the frequently blurred lines between our work and personal lives.

Separating Your Space

Home offices can range from a corner carved out of a living room, protected with a laptop and table, to a repurposed spare bedroom or an intentionally designated office space with its own entrance.

If you are making your spare room work double time, investing in a Murphy bed (a bed that folds down from a

wall cabinet) allows you to maximize space with a bed that is out of the way until it is called into active duty to respect the room's primary role as office.

If living quarters are tight, another option is a desk on wheels. This allows you to have all of your office-designated items (like a laptop, supplies and files) in one place, but can

be easily moved out of sight when office hours are done.

When the Work Stops

Joelle Sloboda, a professional organizer and owner of Motivated Spaces, has worked with a number of clients who work from home, many of whom are trying to navigate the competing interests of their professional and personal lives.

3 SIMPLE TIPS FOR ANYONE WHO WORKS AT A DESK

Jana Danielson, MBA, Founder and Master Instructor at Lead Pilates, Cycle & Fitness and Lead Integrated Health Therapies shares three simple strategies to improve your whole body health throughout the work day.

1. After one hour of sitting, blood flow to the legs decreases by 50 per cent.

Solution: Get up and move for two minutes for every hour—simple—two minutes every hour. This could be going to the bathroom, filling your water bottle or intentionally placing files or resource books away from your desk so you have to take a few steps to access them.

2. Eighty per cent of our vision happens within 20 inches of our nose.

Solution: Look up from your computer for 20 seconds every 20 minutes, notice the furthest distance you can see. Look for shapes, colours, textures and dimensions. Just one minute every hour will start to change the health of the muscles around the eyes, decreasing the strain on the neck and ultimately improving the health of your upper body.

3. The diaphragm is our main muscle of respiration. Like any other muscle in the body, if it's not used, the tissues begin to atrophy and die.

Solution: The next time you're at a red light, inhale through your nose and feel your body expand toward your seatbelt. Then as you exhale out of your mouth, draw your bellybutton away from your seatbelt. Get that diaphragm working.

"You have to set that time aside, and you have to let your family members or your partner know as well: 'I'm at work.' Just like if you took off and left on a 9-to-5 job." Routine and discipline are also important. "Take your breaks, take your lunch breaks and try to stay away from personal calls," she says. "You have to have the mindset, and your family has to have the understanding as well, that you are at work. Even though you're at home, you're at work."

Teaching your household that a closed door means you are not to be interrupted, or having a sign on your office

door that has a message or work hours will also communicate this effectively. Having a separate phone line for work can also dramatically help to keep things segregated. Making the conscious choice not to answer your work phone outside of business hours respects the parameters you need to set.

Setting work hours can be particularly helpful. It's important to have boundaries between the house chores that bellow to you, and work tasks that can seem daunting.

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is preventing it from becoming a dumping ground for mail, bills and other items, says Joelle.

"I feel that an office flows better if there aren't papers everywhere. I like everything filed." She helps her clients create a designated space for everything from stationery to electronics, but often starts with a smart filing system.

Separate business and personal files, and subdivide from there. Once the system is set up, anyone should be able to walk into the space and easily file documents in their rightful place. And if it's not office related, it doesn't enter the room.

There is no shortage of photos and ideas online with wonderful ways to get organized. From repurposing items in a creative way and creating a work flow that doesn't overwhelm, it is often through trial and error that you will find what works for you.

When speaking to fellow home office workers two tips came up time and time again. Love your space, and if at all possible, have access to natural light.

Create a space you feel excited about! Whether that is an array of colour coordinated baskets, a post-it wall to make you stop and stare with pride or art that gives you a positive feeling in your gut, make sure your office is a space you are happy to walk into.

In selecting the location in your home for your office, having exposure to natural light can be a powerful thing. It can dramatically improve your mood, and having a view outside can give your eyes a rest from gazing at your computer screen.

Nuts and Bolts

Wayne Wilson has seen a number of office furniture trends come and go over the years.

A sit-stand desk with a folding leaf can maximize the functionality of your home office for different tasks.



Think stability balls and kneeling chairs. But he's hoping the sit-stand desk has some staying power. "I use one myself, and I have for two years," says the president of Business Furnishings. "It's a huge trend. Hopefully it's sustainable."

A sit-stand desk, as the name suggests, can seamlessly rise and lower with the ease of a lever from typical desk height, to full standing height getting your blood flowing, helping your posture and reduce back pain.

For those looking to take it one step further, the treadmill desk is another option for your home office. Its popularity is likely propelled by Fitbitters aiming to achieve their daily 10,000 steps, and the countless articles written about how "sitting is the new smoking."

"You can't run on it. It's meant to go about two miles an hour, so you shouldn't break a sweat on it," says Wayne. "It's just keeping that person active."

A User- and Floor-Friendly Chair

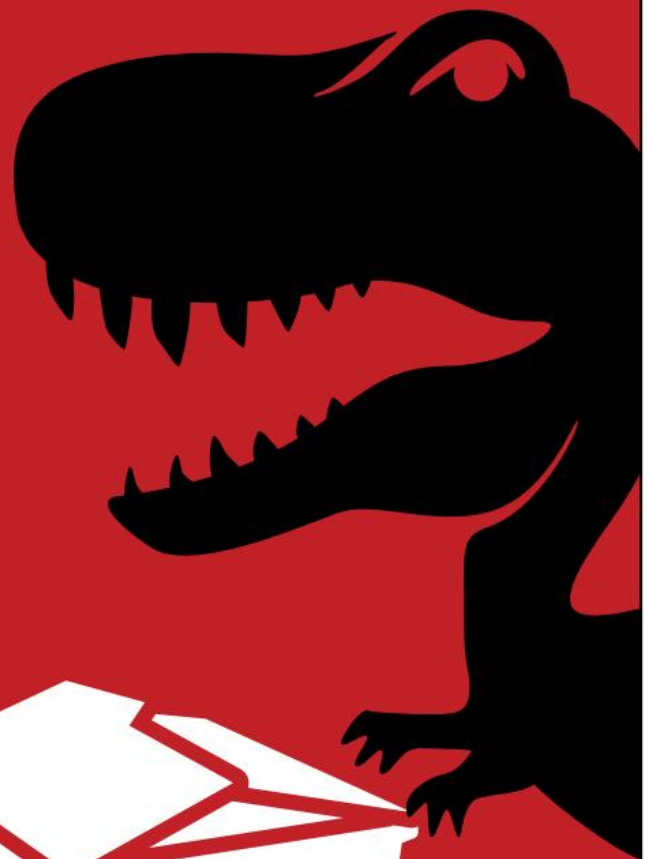
"We have an aging demographic," says Wayne. "Once you get past 40 or 50, you start thinking, 'I really should do something about my health.' People are not afraid to spend the extra money on a good office chair." He likens it to investing in a quality mattress. "Depending on what your job is, people can realistically sit in a chair for six to eight hours, so you say, 'Well, you wouldn't buy a really inexpensive mattress; you know what that does to you.' If you think about the amount of time you spend in your chair, it's pretty important that you get something that's going to be comfortable and good for you."

Wayne says adjustable chairs that mould to your body shape are an ergonomic solution. "Most people will want to consider a chair with what we call live-back technology, which is something that ➤

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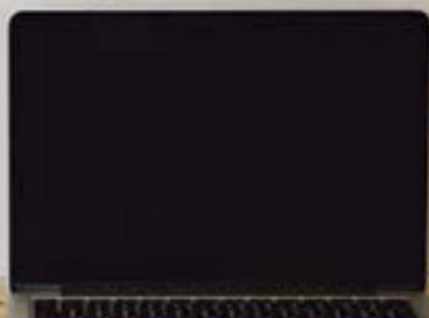
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allows you to adjust the back tension, as opposed to just buying something that has a fixed back."

But buyers should think beyond user-friendliness. "A lot of people make the mistake of buying a typical office chair. Most office chairs are standard with a carpet caster on it, and those carpet castors can destroy your flooring if you have hardwood or laminate, so you want to make sure you also consider what you're rolling on," says Wayne. "If you have a hard plastic castor, it skates pretty quickly on a hard floor. You want something with a rubberized wheel so it will slow down a little and not damage your flooring."

Evolving with Technology

As technology evolves, so too do our offices. "You never know where technology is going to take you," says Wayne. "In the

old days, there used to be big workstations in homes that had those big corner units, which tended to be a bit of a waste of space, especially since the computer started getting smaller and smaller. So the need for a big corner desk isn't quite as critical as it used to be years ago when you had the big CPU and the big monitors that had all kinds of depth to them."

That's why Wayne recommends choosing desk systems that can be reconfigured to adapt to changing needs. Whether you want to enlarge the tabletop to accommodate an employee or family member, switch from a right-handed to left-handed desk or change the layout of the room down the road, there are several modular systems on the market that will provide future flexibility.

Shrinking technology has also given rise to a more minimalist

TIPS FROM HOME OFFICE VETERANS

"I have worked from home for over 20 years and my top four tips are: 1) Have an office with a door so you can separate yourself. 2) Go paperless to avoid clutter. 3) Find a stellar IT support person before you need one. 4) Schedule time to get out of your office to give your body and mind a break."

—**Jill Sauter, Jill Sauter Consulting**

"Teach people how you want to be treated. If you answer the phone, email or text after business hours then that's what they'll expect."

—**Chantelle Butterfield, Funktional Space**

"I invested in a ScanSnap, which scans documents, everything from receipts to letters, really quickly. I use it a lot to create a digital copy of something and then I can get rid of the hard copy. I also print a lot of documents to PDF so that I can 'file' them digitally." —**Michelle Boulton, 3c Publications**

"One test my husband and I often use is the 'have-to' test when deciding to work late or stick to the hours we have set for ourselves. Do I 'have to do something', or would it just 'be nice' to get it out of the way. If you are honest with yourself, it is amazing how often that question helps you find the true answer."

—**Amanda Souloandre, Saskatoon HOME magazine**

"Choose the location of your office wisely. If you have more than one option, consider the proximity to noise in the house and how often during 'off work hours' do you have to walk past the door to your office. I used to have my office on the main floor and close to the centre of the house. Walking past the office on a regular basis caused a lot of anxiety seeing all the work I could be doing. Moving my office to a well-lit and furnished room in the basement has made all the difference." —**Jackie Martin, Viking Innovations**

"Try to make sure that your office has plenty of filtered natural light. What I mean by this is no sun shining directly onto computer screens, but natural light will reduce the strain on your eyes with everyday tasks. Natural light will also make the space more welcoming and inviting to come into each day." —**Krista Martens, Beyond Measure Design**

aesthetic in home office design. Wayne explains how bulky, end-gable desks have gone out of fashion. Today's buyers are seeking sleeker, simpler styles.

Contrary to popular belief, many people who have home offices wear pants and get dressed on a daily basis. Making your home office work for you and the rest of

your household means open conversations about boundaries, setting up your space to inspire and feel comfortable for you and trying new things to keep you motivated and productive. From one home office worker to you, know you are not alone in the journey! (H)

Lillian Lane



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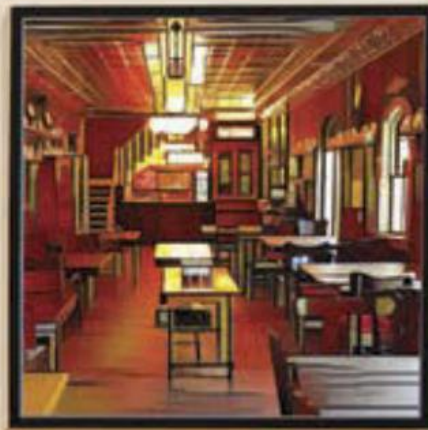
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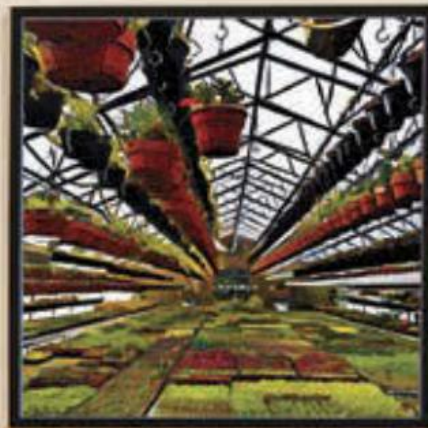
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